



YOGA TIME TABLE
@ SPORTS HOUSE 2019

Mondays	9.15am \$10 Re commences Feb 4th	Beginner/Gentle All Levels Welcome
Mondays	*6.00pm \$7 Active & Healthy Gold Coast	General All Levels Welcome
Thursdays	6.00pm \$10 Re commences March 7th	Yin Yoga All Levels Welcome

All Classes 1 ¼ hr duration

*Class proudly supported by Active & Healthy Gold Coast

For Holiday Class Times please contact the below

Phone : 0404 895 985

Web : www.yogawithheart.org

Facebook : www.facebook.com.au/yogawithheart.org