



Various Locations now available

<i>TIME</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
6:30am	<i>General Yoga</i> (Parkinson Aquatic Centre)					
8:45am						<i>Beginners Yoga</i>
9:30am	<i>General Yoga</i>				<i>General/Begin</i> (Valley View Park)	
10:30am						<i>General Yoga</i> (AJ's Sports Centre)
5:30pm	<i>General Yoga</i> (AJ's Sports Centre)	<i>Vinyasa Flow</i>				
6:30pm				<i>General Yoga</i> (AJ's Sports Centre)		
7:30pm		<i>General Yoga</i> (AJ's Sports Centre)				

CLASS PRICING & DETAILS

- ❖ Casual classes are \$15 and vary between 50-60 minutes.
- ❖ Please arrive at least 10 minutes prior to the commencement of class. BYO Mat or Towel and water bottle.
- ❖ Try not to eat a heavy meal for at least 2 hours before class.
- ❖ Please check our Website or our Facebook page for latest updates to the Timetable and for further information about each class offered.

Parkinson Aquatic Centre: 751 Algester Rd, Parkinson

AJ's Sports Centre: 43 Endiandra St, Algester

Valley View Park: 43 Ridgevale Blvd, Holmview – During school terms only

Studio Location: 2/19 Pintu Dr, Tanah Merah Q 4128 **Ph:** 0421 837 026

Website: www.yogaandmore.com.au **Email:** yogaandmorestudio@gmail.com.au

Like us on Facebook: <https://www.facebook.com/yogandmorestudio>

CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION DUE TO UNFORSEEN CIRCUMSTANCES (eg. Unsafe weather), IN THE RARE CIRCUMSTANCE THAT THIS OCCURS WE OFFER OUR DEEPEST APOLOGIES.