

BELLINGEN YOGA STUDIO

Cost: \$18 casual class, \$80 for a 5 week block to be used over 6 weeks.
Private classes available by apt \$80/ h + \$10/ additional person

MONDAY

6:00 - 7:00am Meditation
5:30 - 7:00pm General/Beginner - Carol
7:00 - 8:30pm Meditation

TUESDAY

9:30 - 11:00am General - Karen
6:30 - 8:00pm General - Karen

WEDNESDAY

6:00 - 7:00am Meditation
7:15 - 8:15am General/Beginner - Carol
9:00 - 10:30am General - Carol
11:00 - 12:30pm General/Beginner - Victoria
5:30 - 7:00pm Men's Class - Kay

THURSDAY

6:00 - 7:45am General - Karen
9:30 - 11:00am Relax and Restore - Kay
6:00 - 7:30pm General/Beginner - Maratana

FRIDAY

6:00 - 7:00am Meditation
9:00 - 10:30am General/Beginner - Maratana
5:30 - 7:00pm General/Beginner - Doerthe

SATURDAY

8:00 - 9:30am General - Maratana