

# NOVEMBER 2023

# WEEKLY

# TIMETABLE



	CLASS	TEACHER	PRICE
<b>MONDAY</b>			
6.30 - 7.30am	Woman's MEDITATION	Danielle	\$10
9 - 10am	Power YOGA	Tina	\$20
4 - 5.30pm	Youth Beginners AERIAL	Raven	\$25
5.30 - 7pm	Junior AERIAL	Raven	\$25
<b>TUESDAY</b>			
6.30 - 7.30am	Woman's MEDITATION	Danielle	\$10
9 - 10am	Healthy Aging YOGA	Cynthia	\$20
4 - 5.30pm	Young Adults AERIAL	Raven	\$25
<b>WEDNESDAY</b>			
6.30 - 7.30am	Woman's MEDITATION	Danielle	\$10
9 - 10.30am	AERIAL Training	Julie/Kim	\$10
6 - 7.15pm	Yin YOGA+ SOUND Bath	Tina	\$20
<b>THURSDAY</b>			
6.30 - 7.30am	Woman's MEDITATION	Danielle	\$10
9 - 10am	Silent Guided MEDITATION	John	Donation
6 - 7.15pm	Sunset Flow YOGA	Tina	\$20
<b>FRIDAY</b>			
6.30 - 7.30am	Woman's MEDITATION	Danielle	\$10
9 - 10am	Hatha/Vinyasa YOGA	Tina	\$20
6 - 7.15pm	Yin YOGA+ SOUND Bath	Tina	\$20
<b>SATURDAY</b>			
7 - 8am	Vinyasa YOGA	Tina	\$20
<b>SUNDAY</b>			
7 - 8am	Sunrise Flow YOGA	Tina	\$20
8.30 - 9.30am	Silent Guided MEDITATION	John	Donation

BOOKINGS ONLINE OR PHONE  
0428 922 357

173 BOYETT ROAD MISSION BEACH  
WWW.SUNDANCESTUDIO.COM.AU

