

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Ashtanga</b> 6-8am <i>Kat</i>	<b>Vinyasa flow</b> 7-8am <i>Kylie</i>	<b>Ashtanga</b> 6-8am <i>Kat</i>	<b>Ashtanga</b> 7-8am <i>Kat</i>	<b>Ashtanga</b> 7-8:30am <i>Kat</i>	
			<b>Little Yogis</b> 10-10:45 <i>Bernie</i>		<b>Beginners</b> 9-10:15am <i>Kylie</i>	<b>Vinyasa flow</b> 9-10:15am
			<b>Mums n Bubs</b> 11-12 <i>Bernie</i>		<b>Vinyasa flow</b> 10:30-11:30am <i>Kylie</i>	
			<b>Vinyasa express</b> 12:45-1:30 <i>Bernie</i>			
					<b>Prenatal yoga</b> 3pm-4:15pm <i>Sharn</i>	
<b>Vinyasa flow</b> 6-7pm <i>Kylie</i>	<b>Vinyasa flow</b> 6-7pm <i>Kylie</i>	<b>Vinyasa flow</b> 6-7pm <i>Janita/Annika</i>	<b>Vinyasa flow</b> 6-7pm <i>Jessa</i>	<b>Gentle vinyasa</b> 6-7pm <i>Fi</i>	<b>Yin &amp; Restore</b> 4:30-5:30pm <i>Janita</i>	
<b>Beginners</b> 7:15-8:30pm <i>Kylie</i>	<b>Prenatal yoga</b> 7:15 – 8:30pm <i>Bernie</i>	<b>Yin</b> 7:15-8:15pm <i>Janita/Annika</i>	<b>Prenatal yoga</b> 7:15-8:30pm <i>Mel</i>			

**Email: [info@flourishyoga.com.au](mailto:info@flourishyoga.com.au) to book your spot or call Liz on 0422 99 51 50.**

Bookings are essential for Beginners, Prenatal, Mums n Bubs and Little Yogis. Bookings recommended for all classes.

Ashtanga classes are run by Kat Sadler. Contact her directly on 0401 103 780