

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Vinyasa Flow 7am-8am <i>Camille</i>	Ashtanga* 6-8am <i>Kat</i>	Vinyasa flow 7am-8am <i>Kylie</i>	Ashtanga* 6-8am <i>Kat</i>	Ashtanga* 7-8am <i>Kat</i>	Ashtanga* 7-9am <i>Kat</i>	Ashtanga* 7-9am <i>Kat</i>
					Beginners 9-10:15am <i>Kylie</i>	Vinyasa flow 9.30am-10.30am <i>Kat</i>
Mums & Bubs 10-10:50am <i>Bernie</i>				Mums & Bubs 10-10:50am <i>Bernie</i>	Vinyasa flow 10:30-11:30am <i>Kylie</i>	
					Prenatal Yoga 3-4:15pm <i>Sharn</i>	WORKSHOPS <i>(details online)</i>
Vinyasa flow 6-7pm <i>Janita</i>	Vinyasa flow 6-7pm <i>Kylie</i>	Vinyasa flow 6-7pm <i>Janita</i>	Vinyasa flow 6-7pm <i>Muriel</i>	Vinyasa flow 6-7pm <i>Fiona</i>	Yin & Restore 4:30-5:30pm <i>Janita</i>	Vinyasa flow 4:30-5:30pm <i>Kat</i>
Beginners 7:15-8:30pm <i>Kylie</i>	Prenatal Yoga 7:15-8:30pm <i>Bernie</i>	Yin 7:15-8:15pm <i>Bernie</i>	Prenatal Yoga 7:15-8:30pm <i>Judith</i>			

Book online at www.flourishyoga.com.au, email info@flourishyoga.com.au or call Camille on 0422 99 5150.

Bookings are essential for Beginners, Mums & Bubs, Prenatal & Workshops. Bookings recommended for all classes.

**To join the Ashtanga classes, contact Kat on 0401 103 780 (these classes are not run by Flourish Yoga).*