

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>Ashtanga</b> 7-8.30am <i>Kat</i>
			<b>Mums &amp; Bubs</b> 10-10.50 <i>Bernie</i>			<b>Vinyasa flow</b> 9.30-10:30am <i>Kat</i>
					<b>Vinyasa flow</b> 10.30-11.30am <i>Kylie</i>	
					<b>Prenatal yoga</b> 3pm-4.15pm <i>Sharn</i>	<b>WORKSHOPS &amp; RETREATS</b> <i>(details online)</i>
<b>Vinyasa flow</b> 6-7pm <i>Janita</i>	<b>Vinyasa flow</b> 6-7pm <i>Kylie</i>	<b>Vinyasa flow</b> 6-7pm <i>Janita</i>	<b>Vinyasa flow</b> 6-7pm <i>Muriel</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</b> 7.15-8.30pm <i>Bernie</i>	<b>Yin &amp; Restore</b> 7.15-8.15pm <i>Bernie</i>	<b>Prenatal yoga</b> 7.15-8.30pm <i>Melanie</i>			

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

Bookings are essential for Beginners, Prenatal and Mums & Bubs courses.

Bookings recommended for all classes.

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