

Yoga Timetable and Rates

From: Monday, 23 March 2009



Just Balance
HOLISTIC HEALTH & YOGA

	EARLY MORNING	MORNING	LATE MORNING OR AFTERNOON	EARLY EVENING	EVENING
MONDAY	6:00am - 7:00am Sunita † Dynamic				7:00pm - 8:30pm Rosie General
TUESDAY			10:00am - 11:30am Georgina General	6:00pm - 7:20pm Georgina Men's Class	7:30pm - 9:00pm Georgina Gentle Stretch
WEDNESDAY		9:15am - 10:45am Sunita † General	3:45pm - 4:45pm Rosie † Kids Class		7:00pm - 8:30pm Georgina General
THURSDAY		9:15am - 10:45am Georgina Gentle	1:15pm - 2:30pm Georgina Mums 'n' Bubs		7:00pm - 8:30pm Kevin Strong
FRIDAY	6:00am - 7:00am Sunita † Dynamic	9:30am - 11:00am Cari General		6:00pm - 7:30pm Kevin General	
SATURDAY					
SUNDAY		9:00am - 10:30am Georgina Dynamic			

† School term only

CLASS DESCRIPTIONS

Dynamic — A class to stretch, breathe and energise.

General — A general flowing class, suitable for most students.

Gentle Stretch — A focus more on stretching, gentle asanas (postures) and breath awareness. Great for beginners and those who require a softer class.

Strong — A class for those with experience and that like a stronger class. Not suitable for beginners.

Men's — A class for men only, involving stretching and relaxation.

Mums & Bubs — A class for new mums with babies. Booking required.

EASTER CLOSURE

Please note that Just Balance will be closed over Easter, and no classes will be held on Friday 10 April, Sunday 12 April or Monday 13 April.

CLASS RATES

\$20 — Single casual class.

\$85 — Five prepaid classes over five weeks.

\$160 — Ten prepaid classes over eleven weeks.

For private lessons, please enquire with your teacher.

CLASS PREPARATION

New students should arrive 15 minutes early.

Arrive with an **empty stomach** (two hours after a large meal).

CONTACT DETAILS

For further information on the yoga timetable or on the range of additional therapies available, please contact Georgina:

Mobile: 0418 454 676

Email: georgina@justbalance.com.au