



heart & soul

HEALTH CLUBS

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30am						PRANAYAMA & VINYASA FLOW YOGA Sydoni 1.5 hours	DYNAMIC FLOW YOGA Fernanda 1 hour
9:30am	YIN YOGA Di 1 hour	HATHA FLOW YOGA Gabriella 1 hour	HATHA VINYASA YOGA Sydoni 1 hour	HATHA VINYASA YOGA Gabriella 1 hour	STRENGTH & BALANCE YOGA Sydoni 1 hour		
6:00pm	YIN YOGA Sydoni 1 hour	VINYASA YOGA Stefanie 1 hour	RESTORATIVE HATHA YOGA Gabriella 1 hour	SLOW VINYASA YOGA Stefanie 1 hour			

Please be mindful and arrive 5-10 minutes before class start time.

24/7 FULL GYM FACILITIES YOGA SPECIALISTS PERSONAL TRAINING

www.heartandsoulhealthclubs.com.au

02 6685 5640 108 Bangalow Road

BYRON BAY