



# heart & soul

HEALTH CLUBS

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		<b>VINYASA FLOW YOGA</b>  Sydoni 1 hour		<b>LED ASHTANGA YOGA</b>  Sydoni 1 hour			
8:30am						<b>AKHANDA YOGA &amp; MEDITATION</b> Tony D 1.5 hours	<b>HATHA VINYASA YOGA</b> Eva 1 hour
9:30am	<b>AKHANDA YOGA</b>  Tony D 1 hour	<b>VINYASA FLOW YOGA</b>  Eva 1 hour	<b>VINYASA &amp; PRANAYAMA YOGA</b>  Sydoni 1 hour	<b>YIN YOGA</b>  Dianne 1 hour	<b>STRENGTH &amp; BALANCE YOGA</b>  Sydoni 1 hour		
6:00pm	<b>VINYASA YOGA</b>  Sydoni 1 hour	<b>PRANAYAMA &amp; YIN YOGA</b>  Tony D 1 hour	<b>YIN YOGA</b>  Dianne 1 hour	<b>HATHA YOGA</b>  Steph 1 hour			

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

[www.heartandsoulhealthclubs.com.au](http://www.heartandsoulhealthclubs.com.au)

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