



**heart & soul**  
HEALTH CLUBS

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:30am	<b>DYNAMIC YOGA</b> Lisa H 1 hour		<b>FLOW YOGA</b> Theodora 1 hour	<b>YOGA OPEN &amp; MEDITATION</b> Lisa H 1 hour	<b>YOGA OPEN &amp; MEDITATION</b> Lisa H 1 hour	<b>YOGA OPEN</b> Amanda 1 hour	<b>YOGA OPEN</b> Moray 1 hour
12:30pm	<b>YOGA</b> Kristyn 1 hour	<b>FLOW YOGA</b> Lisa H 1 hour	<b>YIN YOGA</b> Kristyn 1 hour	<b>FLOW YOGA</b> Aya 1 hour			
6:15pm	<b>OPEN YOGA</b> Katie 1 hour	<b>HATHA YOGA</b> Carla 1 hour	<b>ASHTANGA VINYASA YOGA</b> Ana 1 hour	<b>HATHA YOGA</b> Moray 1 hour			

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

**24/7 FULL GYM FACILITIES YOGA SPECIALISTS PERSONAL TRAINING  
SPORTS MASSAGE THERAPY REHABILITATION SPECIALISTS**

[www.heartandsoulhealthclubs.com.au](http://www.heartandsoulhealthclubs.com.au)  
[crowsnest@heartandsoulhealthclubs.com.au](mailto:crowsnest@heartandsoulhealthclubs.com.au)  
02 9439 4333

L1, 28 WILLOUGHBY ROAD

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