



# heart & soul

HEALTH CLUBS

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		VINYASA YOGA  Sydoni 1 hour		LED ASHTANGA YOGA  Sydoni 1 hour			
8:30am						AKHANDA YOGA & MEDITATION Tony D 1.5 hours	HATHA VINYASA YOGA Eva 1 hour
9:30am	AKHANDA YOGA  Tony D 1 hour	VINYASA YOGA  Eva 1 hour	VINYASA & PRANAYAMA YOGA  Sydoni 1 hour	YIN YOGA  Di 1 hour	STRENGTH & BALANCE YOGA  Sydoni 1 hour		
6:00pm	HATHA VINYASA YOGA  Sydoni 1 hour	PRANAYAMA & YIN YOGA  Tony D 1 hour	HATHA YOGA  Gabriela 1 hour	VINYASA YOGA  Belinda 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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**BYRON BAY**