



Yoga Calendar

FEB '19

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
				1	2 11:00 am with Beth	3
4	5 6:30 pm with Beth	6	7	8	9 No Class	10
11	12 6:30 pm with Shara	13	14	15	16 11:00 am with Shara	17
18	19 6:30 pm with Beth	20	21	22	23 No Class	24
25	26 6:30 pm with Beth	27	28			

CLASSES ARE HELD AT:

- Charities House, 25 Point Finger Road, Paget
 - Ground Floor - down the right hallway, second door on the right.
- All levels of experience WELCOME! Mats available to those who need one.
- *Drop in rate - \$20.00 Or Block of 10 classes, no expiry date - \$160.00*

Please feel free contact me if you have any questions. Private sessions available.

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