



Payment Options

12 Month Autopay
(\$140 per month direct debit)

12 Month Membership
\$1300 (one off payment)

6 Month Membership
\$720 (one off payment)

3 Month Membership
\$494 full
\$442 concession

Casual Class
\$22 full
\$18 concession

Beginners Course
\$144 (8 weeks)

Relax/Sleep Course
\$144 (8 weeks)

Pass Cards

10 classes
\$180 full
\$160 concession

5 classes
\$90 full
\$80 concession

New Student Offer
\$40 for 2 weeks unlimited

Kyo Yoga Timetable

(From January 28)

Yoga Hub - 91 The Parade

Monday	6.00am Strengthen & Flow (Tara) 9.30am Flow & Restore (Tina) 6.00pm Basics (Jill) 7.15pm Relax/Sleep Course 8 weeks (Jill)
Tuesday	6.00pm Beginners Course 8 weeks (Tracey) 7.15pm Flow & Restore (Tracey)
Wednesday	6.30am Strengthen & Flow (Petra) 9.30am Mat Pilates (Avanelle) 5.00pm Community Yoga (by donation - Graduates) 6.30pm Strengthen & Flow (Jill)
Thursday	9.30am Basics (Bec)
Saturday	8.00am Dynamic Flow (Jill)*
Sunday	9.00am Strengthen & Flow (Larissa) 10.30am Flow & Restore (Larissa) 4.30pm Yin (Barbara)

Garden Room - 73 The Esplanade

Monday	9.30am Dynamic Flow (Tracey)* 6.00pm Strengthen & Flow (Tara) 7.15pm Yin (Barbara)
Tuesday	9.30am Dynamic Flow (Jill)* 6.00pm Strengthen & Flow (Petra) 7.15pm Meditation (Kate Gee)
Wednesday	9.30am Strengthen & Flow (Tara) 6.00pm Dynamic Flow* (Kate M)
Thursday	9.30am Flow & Restore (Jill) 6.00pm Strengthen & Flow (Tara)
Friday	8.00am Dynamic Flow (Kate M)* 9.30am Strengthen & Flow (Tara)
Saturday	9.00am Strengthen & Flow (Tara)

Classes marked with * are for experienced yoga practitioners without injury/restrictions.



Book into class via our website or the Mindbody App.
Payments can be made via Mindbody or at either studio.
For all Prenatal and Mums & Bubs classes contact Erin 0421 118 148

Enquiries: Louise 0438 562 723 or lou@kyoyoga.com.au

www.kyoyoga.com.au