



### 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 and  
Mums & Bubs Course  
\$144 (8 weeks)

Restorative Course  
\$108 (6 weeks) or casual/pass card

### 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 April 22)

## Yoga Hub - 91 The Parade

---

<b>Monday</b>	6.00am Strengthen & Flow (Tara) 9.30am Flow & Restore (Tina) 6.00pm Basics (Jill) 7.15pm Yin (Barbara)
<b>Tuesday</b>	9.30am Beginners Course 8 wks (Jill from April 30) 11.15am Mums & Bubs 8 wks (Blair from April 30) 6.00pm Beginners Course 8 wks (Tracey from April 30) 7.15pm Flow & Restore (Tracey)
<b>Wednesday</b>	6.30am Strengthen & Flow (Larissa) 9.30am Mat Pilates (Avanelle) 4.00pm Community Yoga (by donation - Graduates) 5.30pm Strong & Dynamic (Kate)* 6.45pm Strengthen & Flow (Jill)
<b>Thursday</b>	9.30am Basics (Bec) 6.00pm Strengthen & Flow (Tara)
<b>Friday</b>	9.30am Restorative (Tina from May 10 - 6 weeks)
<b>Saturday</b>	8.00am Vinyasa (Jill)*
<b>Sunday</b>	9.00am Strengthen & Flow (Larissa) 10.30am Flow & Restore (Larissa) 4.30pm Yin (Barbara)

## Garden Room - 73 The Esplanade

---

<b>Monday</b>	9.30am Vinyasa (Tracey)* 6.00pm Strengthen & Flow (Tara)
<b>Tuesday</b>	9.30am Vinyasa (Suzie)* 6.00pm Vinyasa (Suzie)*
<b>Wednesday</b>	9.30am Strengthen & Flow (Kate)
<b>Thursday</b>	9.30am Flow & Restore (Jill)
<b>Friday</b>	8.00am Strong & Dynamic (Kate)* 9.30am Strengthen & Flow (To be advised)
<b>Saturday</b>	9.00am Strengthen & Flow (Tara)

(Classes with \* are for experienced practitioners with no restrictions/injuries).

---

Book into class via our website or the Mindbody App.  
Payments can be made via Mindbody or at either studio.

**Prenatal Yoga Thursday 7.15pm @ Yoga Hub**  
Contact Erin 0421 118 148 [www.womb2move.com](http://www.womb2move.com)

Enquiries: Louise 0438 562 723 or [lou@kyoyoga.com.au](mailto:lou@kyoyoga.com.au)

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