



Payment Options

Monthly Autopay
(Unlimited Time)
\$145 per month direct debit

Casual Class
\$22 full
\$18 concession

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

Pass Cards

10 classes
\$180 full
\$160 concession

5 classes
\$100 full
\$90 concession

New Student Offer
\$40 for 2 weeks unlimited



Kyo Yoga Timetable

(From July 15)

Yoga Hub - 91 The Parade

Monday	6.00am Strengthen & Flow (Tara) 9.30am Flow & Restore (Tina) 6.00pm Basics (Jill)
Tuesday	9.30am Flow & Restore (Agustina) 11.15am Mums & Bubs 8 wks (Blair from July 23) 6.00pm Beginners Course 8 wks (Tracey from July 30) 7.15pm Flow & Restore (Tracey)
Wednesday	9.30am Mat Pilates (Avanelle) 4.00pm Community Yoga (by donation - Graduates) 6.45pm Strengthen & Flow (Jill)
Thursday	6.00pm Strengthen & Flow (Tara)
Saturday	8.00am Vinyasa (Jill)* 9.30am Restorative (Tina)
Sunday	9.00am Strengthen & Flow (Tara) 4.30pm Yin (Various teachers)

Garden Room - 73 The Esplanade

Monday	9.30am Strengthen & Flow (Jill) 6.00pm Strengthen & Flow (Tara)
Tuesday	9.30am Vinyasa (Blair)* 6.00pm Vinyasa (Suzie)*
Wednesday	9.30am Strengthen & Flow (Kate)
Thursday	9.30am Flow & Restore (Jill)
Friday	9.30am Vinyasa (Suzie)
Saturday	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.
Enquiries: Louise 0438 562 723 or lou@kyoyoga.com.au

www.kyoyoga.com.au