



2012 TIMETABLE (as of Jan. 30, 2012)

MONDAY	12.30 - 1.20pm	General	\$16	
	5.30 - 6.30pm	General	\$18	
	6.45 - 8.00pm	General	\$20	NEW

TUESDAY	6.45 - 8.00pm	<i>Beginners Course</i>		*6-wk course
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WEDNESDAY	7.00 - 8.00am	General	\$18	
	10.00 - 11.00am	<i>Post-Natal (Mums & Bubs)</i>		*6-wk course
	12.30 - 1.20pm	General	\$16	NEW
	6.45 - 8.00pm	Pre-natal	\$20	

THURSDAY	7.00 - 8.00am	<i>Beginners Course</i>		*6-wk course
	6.45 - 8.00pm	General	\$20	

SATURDAY	7.30 - 8.45am	General	\$20	
	9.00 - 10.15 am	Intermediate	\$20	
	10.30 - 11.45am	Pre-natal	\$20	
	12.00 - 1.15pm	<i>Introduction to Mindfulness</i>		*6-wk course

* 6-week course: bookings required – see “courses” page on website for dates & prices

Casual classes: \$20 (75 mins) or \$18 (60 mins) 10 class card: \$180

Student discount: \$15 per class (student card required)

For more info, see website or call Carine on 0411-611568