



## YOGA & PILATES CLASSES

**Classes start from \$10 (packs)**

<b>MONDAY</b>	9.30 - 10.30 am	Yoga/pilates 1	(Coomera)
	5.30 - 6.30 pm	Pilates	(Helensvale)
	6.30 - 7.45 pm	Yoga	(Helensvale)
<b>TUESDAY</b>	10.00 - 11.00 am	Yoga Flow	(Coomera)
	5.15 - 6.15 pm	Yoga Flow	(Helensvale)
	6.30 pm - 7.30 pm	Yoga/pilates 1	(Helensvale)
<b>WEDNESDAY</b>	10.00 - 11.00 am	Yoga	(Coomera)
	6.30 - 7.30 pm	Yoga	(Coomera)
<b>THURSDAY</b>	9.30 - 10.30 am	Yoga/pilates 1	(Coomera)
	6.30 - 7.45 pm	Yoga/pilates 1/2	(Helensvale)
<b>FRIDAY</b>	9.30 - 10.30 am	Yoga/pilates 2	(Coomera)
<b>SATURDAY</b>	7.00 - 8.00 am	Yoga/pilates 1/2	(Helensvale)
	9.00 - 10.00 am	Yoga	(Coomera)

\*classes subject to change.

## BEGINNERS WELCOME

Registered teacher with Yoga Australia & Fitness Australia.

Some health fund rebates are available.  
Check website for changes.

**WWW.KEVALAYOGA.COM.AU**

Please contact Jodie 0413 589 347 to book  
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