

* Introductory Month only available to first time members.
* Please present concession card and ID for concession prices. Available to full-time students only

**Funky Flow-**  Finish off the week and head into the weekend with a joyful flowing class to a playlist of funky beats.

Charity class by donation, suggested $10. Please place cash only in the charity donation box. Frequent guest teachers.

**Hot -**  Dynamic sequence of Strength and Breathing exercises. Suitable for beginners. Heat 37 = degrees.

**Power Essentials -** Flowing Practice with space and time to Align and understand the poses deeply, building muscular strength and endurance. Ideal for beginners.

**Power Vinyasa -** Strong, Dynamic, Flowing practice ideal for building physical power, flexibility and mental resilience. Heat = 30 degrees

**Yin -** Long, Slow, Deep practice with a focus on supporting the body to release our deep internal structures of connective tissue.

|  | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 9.30am |  | **Hot**  90 mins |  | **Power Vinyasa**  75 mins |  | **Power Vinyasa**  90 mins |  |
| 11am |  |  |  | **Power Essentials**  60 mins |  |  |  |
| 1pm |  |  | **Hot**  90 mins |  |  |  |  |
| 4.30pm |  |  |  |  |  |  | **Power Vinyasa**  90 mins |
| 6.30pm | **Power Vinyasa**  60 mins |  | **Hot**  60 mins |  | **Funky Flow**  75 mins |  | **Yin**  60 mins |
| 7.45pm | **Power Essentials**  60 mins |  | **Power Vinyasa**  60 mins |  |  |  |  |

16 Bellbird Avenue www.barefootpotential.com.au

Harkaway clairesawatzky@icloud.com

Vic 3806 0439 392 737