



MAITLAND YOGA STUDIO

feel good · stress less

2024 TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:30 – 10:30am Yin Yoga		9:30 – 10:30am All Levels/ Beginners Yoga	9 – 10am Flow and let go	
6 – 7pm Flow, strengthen, stretch and chill	6 – 7pm Yin Yoga, Meditation and Relaxation	6 – 7pm Yang to Yin	6 – 7pm All Levels/ Beginners Yoga			4 – 5pm Yin Yoga

Prices

Casual class - \$22, Concession \$16, 5 class pass - \$90, 10 class pass - \$160

Monthly unlimited pass - \$130

Bookings for the classes and courses can be made at;

www.maitlandyogastudio.com.au