

# STUDIO SCHEDULE

## EFFECTIVE JANUARY 2024

**M** **6.00am** rise & shine **4.30pm** slow flow  
**7.30am** rise & shine **6.00pm** vinyasa L2  
**9.15am** mindful slow flow **7.30pm** yin

**T** **7.00am** rise & shine **4.30pm** y4bc  
**9.15am** yin **6.00pm** vinyasa  
**7.30pm** release & relax

**W** **6.00am** rise & shine **4.30pm** mindful slow flow  
**7.30am** rise & shine **6.00pm** yin  
**9.15am** vinyasa **7.30pm** mat pilates

**T** **6.00am** rise & shine **4.30pm** slow flow  
**7.30am** rise & shine **6.00pm** vinyasa  
**9.15am** slow flow **7.30pm** yin

**F** **6.00am** rise & shine **4.30pm** yin  
**7.30am** rise & shine **5.45pm** restorative  
**9.15am** vinyasa (fortnightly)\*

**S** **7.30am** rise & shine **4.00pm** slow flow  
**9.00am** vinyasa

**S** **7.30am** rise & shine **3.00pm** y4bc  
**9.00am** vinyin **4.30pm** yin  
**10.30am** beginners **6.00pm** monthly  
immersion\* meditation\*

### GOALS FOR THE YEAR

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### MEMBERSHIP from \$32/week

#### PASSES

**Intro** \$35/3 classes (valid 2 weeks)  
**Casual** \$25  
**5 Class** \$110  
**10 Class** \$190  
**20 Class** \$320

### BOOKINGS ESSENTIAL FOR ALL CLASSES



### YOUR BREATHING SPACE

07 3180 1686  
16 BLANDFORD ST, GRANGE  
SOHOYOGA.COM.AU

\*Check website for dates & details • y4bc = yoga for back care