



TIMETABLE FOR TERM 1 2015

2nd February – 2nd April (9 weeks)

DAY	MORNING		AFTERNOON		EVENING	
MONDAY		9.30am – 10.30am Lisa BEGINNERS BEACH YOGA Nov – Apr only				
TUESDAY						7.15pm – 8.30pm Lisa FLOW YOGA
WEDNESDAY	6am – 7am Lisa SUNRISE YOGA SINGLETON Nov – Apr only					
THURSDAY		9.30am – 10.45am Lisa BEGINNERS YOGA (Hatha)		3.45pm – 5pm Lisa KIDS YOGA 6 – 10 yrs	5.30pm – 6.45pm Lisa BEGINNERS YOGA (Hatha)	7pm – 8.30pm Lisa RESTORATIVE YOGA Yoga & Pilates
FRIDAY	6am – 7am Lisa FLOW YOGA SECRET HARBOUR Nov – Apr only				5.30pm – 6.30pm BEACH YOGA + KIDS FITNESS & FUN CLASS	

KEY	
SHSLSC	
SINGLETON	SECRET HARBOUR

Singleton Southern Foreshore, (end of Bight Reefs Rd) SINGLETON PH: 0430 160 155
 Secret Harbour Beach near Surf Club, Palermo Cove, SECRET HARBOUR PH: 0430 160 155
 Secret Harbour Surf Lifesaving Club, Palermo Cove, SECRET HARBOUR

www.ourcommunityyoga.com.au



PRICELISTS

CLASS PRICES

Beginners Yoga (75 min class)

9 week enrolment - \$144

Casual class - \$19

Restorative Yoga (90 min class)

9 week enrolment - \$162

Casual class - \$21

Flow Yoga (75 min class)

9 week enrolment - \$144

Casual class - \$19

Beach Yoga (60 min class)

Casual class - \$10

Beach Flow Yoga (60 min class)

Casual class - \$10

Kids Yoga (75 min class) 19 Feb – 26 Mar

6 week enrolment - \$72

PRODUCT PRICES

Thick Mat \$15

15mm thick with carry strap

Thin Mat \$15

Ideal for Flow Yoga

Eye pillows \$10

*Lavender scented flax
seed for relaxation*

Kids Yoga Mat \$6

*Decorated with yoga
drawings/poses during class*

Organic Magnesium Oil

60ml Organic Magnesium Oil spray \$20

60ml Organic Magnesium roll-on gel \$23

250ml Organic Magnesium Oil spray \$35

800gm Organic Magnesium Bath Flakes \$24