



Transform yoga & pilates

Check Live Schedule Online
for up to date schedule and to reserve your spot

	M	T	W	T	F	S	S
Early	REGISTER YOUR INTEREST						
AM 1	Yoga 9.30 - 10.45	Pilates 9.30 - 10.30	Yoga 9.30 - 10.45	Pilates 9.30 - 10.30	Power Flow Yoga 9.30 - 10.45	Yoga 8.30 - 9.45	Yoga 8.30 - 9.45
AM 2	Pilates 11.00 - 12.00			Prenatal 9.30 - 10.45	Mums & Bubs 11.00 - 12.00	Yin Yoga 10.00 - 11.15	Prenatal 10.00 - 11.15
PM 1		Teen Yoga 4.30 - 5.30	REGISTER YOUR INTEREST	REGISTER YOUR INTEREST		REGISTER YOUR INTEREST	Other (Monthly) 4.00 - 5.30
PM 2	Yoga 6.00 - 7.15	Power Flow Yoga 6.00 - 7.15		Pilates 6.00 - 7.00	Chill (Monthly) 6.00 - 7.30		
PM 3	Pilates 7.30 - 8.30	Yoga 7.30 - 8.45	Yoga 7.30 - 8.45	Prenatal 7.30 - 8.45	REGISTER YOUR INTEREST		

May 2012

TRANSFORM TASTER

\$40 FOR 5 CLASSES

5/563 Sydney Road Seaforth

[Entrance via Ethel Street, Easy Street Parking]

0402 970 020

TransformYoga.com.au

joy@TransformYoga.com.au

*Stretch
Yourself*