

## Monday

9.30am

\*General - Melanie

6.00pm

General/Gentle Core - Kehry

6.30pm

Athletic Recovery - Scott & Melanie (studio 2)

7.30pm

Introductory - Kehry

## Tuesday

6.00am

\*Fit Yoga - Melanie

9.30am

\*Fit Yoga - Nardine

10.50am

\*General - Nardine

4.00pm

\*Kids Yoga - Kehry

5.45pm

Prenatal - Melanie (studio 1)

HOT Power Flow - Scott (studio 2)

7.10pm

Beginners - Karen

## Wednesday

11.00am \*Gentle Core - Kehry

5.45pm General - Kate

7.20pm Gentle Core - Kehry

## Thursday

6.00am \*Fit Yoga - Melanie

9.30am \*Fit Yoga - Melanie

4.00pm \*Kids Yoga (primary age) - Kehry

5.45pm General - Kehry (studio 1)

5.45pm Beginners - Kate (studio 2)

7.10pm Gentle Core - Kehry

## Friday

9.30am General - Nardine

## Saturday

9.30am General - Prue

Timetable

Autumn 2015

# Retreats

for teacher  
training  
or simple  
deepening  
yoga  
experience



404 Hargreaves St, Bendigo  
(Behind Good Loaf Bakery)

Ph: 03 5442 2081

[www.vitalityclinic.com.au](http://www.vitalityclinic.com.au)

[info@vitalityclinic.com.au](mailto:info@vitalityclinic.com.au)

\$90 for 1 class per week over 6 week term.  
\$135 for 2 classes per week over 6 week term.  
\$165 for unlimited classes over 6 week term.

Classes marked with an asterix (\*)  
DO NOT run during school holidays.

Fit yoga, Kids Yoga are run as a separate course  
and are not included in a six week pass.

Find us on facebook to stay up-to-date with timetable changes, workshops and events

 [www.facebook.com/thevitalityclinic](http://www.facebook.com/thevitalityclinic)