



Mon	Tues	Wed	Thurs	Fri	Sat
	6:15am - 7.15am Rise n Shine Amy		6:15am - 7.15am Rise n Shine Jill	7.00am - 8.00am Power Flow Amy	
8:30am - 9.45am Yoga Flow Jill		8:30am - 9.45am General Michaela	9:15am - 10.30am General Amy	9.15am - 10.30am Yoga Flow Amy	8:30am - 9.45am Yoga Flow Christine
10am - 10:30am Kids Yoga (2-5 years)		10.00am - 10.45am Mum n Bub (1-2 years)			10:00am - 11.00am Prenatal Yoga* Michaela
			10.45am - 11.45am Mum n Bub (6 week -1year)		Sun
5:45pm - 6.45pm Prenatal Yoga* Amy	5:30pm - 6.30pm Beginners Christine	5:30pm - 6.45pm General / Beginner Jill	5:45 pm -6:45pm Beginners Course* Michaela		8:30am - 9.45am General Michaela
7.00pm - 8.15pm Power Flow Amy	6.45pm - 8.00pm Yoga Flow Abi	7.00pm - 8.15pm General Jill	7:00pm - 8.15pm Yoga Flow Michaela		10:00am - 11.00am Beginners 6wk* Michaela

* bookings required

Enquiries Ph: 0410 448 950 or Email: amy@innablissyoga.com.au

Studio: Flinders House Level 2/182 Bay Tce Wynnum Q 4178

www.innablissyoga.com.au