



Term 4 Class Schedule

MON 29 OCT – SUN 23 DEC

Canberra's Premier Boutique Family Yoga Studio

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	KIDS YOGA Ages 7-11 (45 mins) 4.45-5.30 PM					
			YOGABASICS FLOW Lo - Med Int (60 mins) 6.10-7.10PM			YOGABASICS Beginner Course Lo - Med Int (90 mins) 5-6.30PM
YOGA FLOW Med - Hi Int (60 mins) 7-8PM	UNLOCK & LENGTHEN Lo - Med Int (60 mins) 7-8PM	RELAX & RESTORE Lo Int (60 mins) 7-8PM	YOGA FLOW Med - Hi Int (60 mins) 7.35-8.35PM			

TIDY TEMPLE YOGA (NICHOLLS) – 125 TEMPERLEY STREET, NICHOLLS (GUNGAHLIN)
TIDY TEMPLE YOGA "MOBILE STUDIO" - WE COME TO YOU! CONTACT US TO MAKE A PRIVATE BOOKING

A variety of Term Based Classes from \$140/term (\$120 Concession)
8-Week BEGINNER COURSE \$160 (\$130 Concession)
KIDS YOGA Classes \$120/term
Drop In Classes (Term Pass Holders) \$15 / Trial Classes (General Public) \$22
Private Individual Tuition from \$60/class
Corporate/Workplace/Group Classes from \$150/class
Workshops & Events

MATS & PROPS PROVIDED • CONTACT US TO ENQUIRE

www.tidytempleyoga.com . 0409 329 887