



Spring Class Timetable (As from November 20, 2013)

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am			YOGA GENERAL Laura 1hr		
8.30AM			PILATES BEGINNERS Karin 1 hr		
9.30AM	MUM'S & BUBS YOGA Belinda 1hr	YOGA BEGINNERS Belinda 1 hr		YOGA GENERAL Karin 1 hr	YOGA BEGINNERS Karin 1 hr
5.30PM	PILATES BARRE Bonnie 1hr				
6.30PM	YOGA BEGINNERS Karin 1 hr 15 mins		YOGA GENERAL Karin 1 hr		
VENUE: Surfers Paradise Apollo Soccer Club, Gibraltar Drive, Isle of Capri					
VENUE: Keola Wellness Studio, 46 Bailey Crescent, Southport					
<u>CLASS BOOKINGS ARE ESSENTIAL</u>					
Please register your name & class either on our website, facebook page, via text message, or phone call www.keolawellness.com.au www.fb.com/keolawellnessgoldcoast 0490 135 362					
Student/Concession \$10 Casual \$15 5 Pass \$60 10+1 Pass \$120 1 Month Unlimited \$140					