

FEB WELLNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
THERAPY 10:45 – 11:45AM LISHAN	MEDITATION 7:15 – 8:15AM HWEE	YIN 8 – 9AM NATALIE	THERAPY 8 – 9AM ROYIS	HATHA 8 – 9AM LISHAN	POSTNATAL 8 – 9AM NATALIE	VINYASA 10:30 – 11:30AM LISHAN
	YOGA BASICS 8:30 – 9:30AM HWEE	PRENATAL 9:15 – 10:15AM NATALIE	THERAPY 12 – 1PM ANGIE	THERAPY 9:15 – 10:15AM LISHAN	HATHA 8 – 9AM ZILING	YIN 11:45 – 12:45PM LISHAN
	HATHA 10:45 – 11:45AM ANGIE		HATHA 1:15 – 2:15PM ANGIE	VINYASA 10:30 – 11:30AM PRISCILLA	PRENATAL 9:15 – 10:15AM NATALIE	
YIN YANG 12 – 1PM LISHAN	YIN 12 – 1PM ANGIE	HATHA 12 – 1PM PRISCILLA	HATHA 3 – 4PM JOANNE	BABY-WEARING 10:30 – 11:30AM NATALIE	VINYASA 9:15 – 10:15AM ZILING	
		VINYASA 1:15 – 2:15PM PRISCILLA	STRETCH 4:15 – 5:15PM JOANNE	AERIAL LVL1 11:45 – 12:45PM PRISCILLA	HATHA 10:30 – 11:30AM KUAN	PRENATAL 3:30 – 4:30PM KRISA
	FAMILY AERIAL 4:30 – 5:30PM WENNYE			AERIAL LVL2 1 – 2PM PRISCILLA	AERIAL LVL1 12:30 – 1:30PM PRISCILLA	HATHA 4:40 – 5:40PM KRISA
	KIDS AERIAL 5:45 – 6:45PM WENNYE	KIDS YOGA 4:15 – 5:15PM LISHAN		HATHA 3:15 – 4:15PM ROYIS	VINYASA 3:15 – 4:15PM	
HATHA 7 – 8PM	HATHA 6:30 – 7:30PM PRISCILLA	THERAPY 6:30 – 7:30PM KUAN	VINYASA 6:30 – 7:30PM PRISCILLA	THERAPY 4:30 – 5:30PM ROYIS	HATHA 4:40 – 5:40PM	
VINYASA 8:15 – 9:15PM	AERIAL LVL2 7:45 – 8:45PM PRISCILLA	YIN 7:45 – 8:45PM KUAN	AERIAL LVL1 7:45 – 8:45PM PRISCILLA			

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KIDS & FAMILY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
	*FAMILY AERIAL AGE 4 - 8 4:30 - 5:30PM				POSITIVE ME AGE 3 - 6 3 - 4PM	
	KIDS AERIAL AGE 5 - 12 5:45- 6:45PM	KIDS YOGA AGE 7 - 12 4:15 - 5:15PM	*FAMILY COMMUNICATION THROUGH PLAY AGE 4 - 12 4:30 - 5:45PM	CREATIVE ARTS THERAPY AGE 6 - 12 4:30 - 5:30PM	POSITIVE ME AGE 7 - 12 4:30 - 6PM	POSITIVE ME AGE 7 - 12 4:30 - 6PM

*Family class (one parent & one child pair)

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KIDS & FAMILY RATES

YEAR 2020

SHARE A PASS
WITH YOUR CHILD

50 YOGA/AERIAL
CLASS PASS

CLASS TYPES	DROP-IN	10-CLASS VALID 6 MONTHS	30 - CLASS VALID 10 MONTHS	50 - CLASS VALID 15 MONTHS
YOGA	\$30	\$280 \$28 PER SESSION	\$720 \$24 PER SESSION	\$1000 \$20 PER SESSION
AERIAL	\$40	\$380 \$38 PER SESSION	\$1020 \$34 PER SESSION	\$1500 \$30 PER SESSION

MINIMUM 3 TO COMMENCE, MAXIMUM 12.
ONLY 50-CLASS PASS CAN BE SHARED BETWEEN TWO PEOPLE.

CLASS TYPES	DROP-IN	5 CLASSES
FAMILY COMMUNICATION THROUGH PLAY (AGE 4 - 12) MIN 7, MAX 15	\$75 ONE PARENT & ONE CHILD \$55 PER SESSION + \$20 MATERIAL	\$317 ONE PARENT & ONE CHILD \$55 PER SESSION + \$42 MATERIAL
CREATIVE ARTS THERAPY (AGE 6 - 12) MIN 4, MAX 15	\$60	\$275 \$55 PER SESSION