

**NEW TO ESTUARY?**  
**WELCOME PASS**  
 \$40 UNLIMITED  
 (14 DAYS)

# TIMETABLE

FROM 1 SEPT 2023

	MON	TUE	WED	THU	FRI		SAT	SUN
6:15 AM	VINYASA FLOW	VINYASA FLOW	VINYASA FLOW	VINYASA FLOW	VINYASA FLOW			
7:30 AM	VINYASA FLOW	VINYASA FLOW	FLOW FUNDAMENTALS	BREATHE & ALIGN	VINYASA FLOW	8.00 AM	VINYASA FLOW	BREATHE & ALIGN
9:30 AM	HARMONY: FLOW & YIN	PILATES FLOW	HARMONY: FLOW & YIN	HARMONY: FLOW & YIN	PILATES FLOW	9:30 AM	HARMONY: FLOW & YIN	HARMONY: FLOW & YIN
4:30 PM					YIN	4:30 PM		YIN R&R WITH MED.
6:00 PM	VINYASA FLOW	FLOW FUNDAMENTALS OR STRONG	VINYASA FLOW	HARMONY: FLOW & YIN				
7:30 PM	YIN	REST & RESTORE	YIN	YIN				

## PRICING

### ALL-ACCESS MEMBERSHIP

\$40/WEEK (UNLIMITED)

### ONLINE MEMBERSHIP

\$15/WEEK (UNLIMITED)

### IN-STUDIO

10 PASS \$190 | 5 PASS \$100 | SINGLE PASS \$25

### LIVESTREAM

10 PASS \$100 | SINGLE PASS \$12



SCAN & BOOK!!

## BOOKINGS ONLINE

[estuarryoga.com.au](https://estuarryoga.com.au)