

THE COTTAGE @ THE COAST CENTRE

Yoga - Pilates - Tai Chi - Exercises - Qigong - Meditation

Everyone is welcome, casual visits and payment for most class accepted.

Tel 9311 4886 for enquiries or just turn up.



MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:45 - 8:45 Yoga with Erika		7:45 - 8:45 Yoga with Erika		7:30 - 8:45 Yoga with Amy	8:30 - 9:45 Yoga with Ania
9:30 - 10:30 Yoga with Raj	9:30 - 10:45 Qigong with Simon	9:30 - 10:30 Yoga with Raj	9:30 - 10:45 Qigong with Simon	9:30 - 10:30 Chair Execises with Robina	9:30 - 10:30 Jazzercise with Yanti	
11:00 - 12:00 Tai Chi with Jan	11:00 - 12:00 Tone & Tighten with Robina		11:00 - 12:00 Chair Yoga with Erika		12:30 - 1:30* Laughter Yoga with Raj *Fortnightly	
3:45 - 4:45 Pilates with Lauren	1:00 - 2:00 Chair Yoga with Erika		5:00 - 6:00 Meditation with Jane			
6:30 - 7:30 Jazzercise with Yanti	7:15 - 8:15 Pilates with Lauren	7:00 - 8:15 Yoga with Ania	6:00 - 7:00 7:00 - 8:00 Pilates with Lauren			

CONTACTS

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www.coastcentre.org.au