



Ironsides Sports and Physio Yoga Timetable

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DAY	TIME	CLASS	TEACHER
MONDAY		NO CLASSES	
TUESDAY	6.15am – 7.15am	ALL LEVELS	MARINA
	9.30am – 10.45am	ALL LEVELS	ANDREA
WEDNESDAY		NO CLASSES	
THURSDAY	6:45am – 7:45am	ALL LEVELS	TRINA
	1.30pm – 2.30pm	CHAIR YOGA	SUZ
	6:00pm – 7:00pm	ALL LEVELS	NARELLE
FRIDAY	1.30pm – 2.30pm	ALL LEVELS	MARINA
SATURDAY		NO CLASSES	

PLEASE PAY FOR YOUR CLASS AT RECEPTION DURING OFFICE HOURS: 8.30am – 5.00pm (may vary on some days)

PAYMENT OPTIONS INCLUDE:

1. 10 class pass (must be used within 4 months): \$250 = \$25 per class
2. Casual class: \$27

ANDREA'S TUESDAY CLASS PRICES:

3. 10 class pass \$260 (must be used within 4 months)
4. Casual Class: \$30



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CLASS DESCRIPTIONS

All Levels

An active yoga practice suitable for both beginners and experienced yoga students. Modifications and variations of poses are provided so students can practice at a level that meets their needs on that day. Props are used to make yoga postures more accessible for students.

Beginners

A slow-paced practice suitable for those who've never tried yoga before or people returning to yoga or recovering from illness or injury. Special attention will be given to getting down and up from the floor safely, sitting and lying comfortably, introducing breathing practices and relaxation. Modifications and variations of poses will be offered so students can practice at a level that suits their needs. Props (blocks, chairs and straps) will be used when needed to make yoga postures more accessible for students.

Chair Yoga

These classes include classical body movements (asanas), various breathing techniques (pranayama), pelvic floor exercises, brain yoga, simple ball games to engage eye and hand coordination plus many more activities. They are also suitable for students recovering from illness or injury. There is no floor work involved.

For all classes: Please let your teacher know if you are working around injuries so they can assist you with modifications as needed.

Props and equipment provided

Yoga: Mats, blocks, straps, blankets, bolsters and chairs are provided.

Students are welcome to bring their own props to class.

Wipes are provided to clean studio equipment after use.

Please do not attend class if you:

- * are unwell with fever, cough, sore throat or shortness of breath, or
- * have had contact with someone who has COVID-19 or is being tested for COVID 19.

Students are welcome to wear a mask if they prefer.