

YOGA: BEGINNER & NON-BEGINNER TIMETABLES & DEALS

Flametree Yoga Studio, at Casuarina, Palmerston, & Woolner. Plus online.

Including Gentle Yoga, Backcare Yoga, Immune System Yoga, Women Only Option, 50 Plus Yoga, & more.

To start in-studio, turn up at a class. For online, get a pass & reserve a class.

Beginner Yoga With Up To 2 Wks FREE** TRIAL. In-Studio or Online

Start beginner level at any time. Just turn up at a class below.

Use casual passes, ten passes, or pay-by-week passes. Pay at class or on site.

Only pay-by-the-week deals start with 2 weeks FREE** trial.

Classes at Palmerston, Woolner, & Casuarina (Lyons), as below. **More: FLAMETREEyogaSTUDIO.com.au**

** For 2 weeks free deals, a credit / debit card is needed. It's not charged at all until the end of 2 week trial.

All classes below are at BEGINNER level. Easy, introductory poses that all can do. For women & men.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5.30-6.30pm Beginner Yoga Kim at Gray Hall^ Palmerston ON.2	7.15-8.30pm Women's Health* (Women Only) All level Rena & Guest Teachers Bishop St. ON1	7-8pm Yoga for Back* (& Neck /Shoulders) Chris Bishop St ON.2		10.15-11.15am Gentle Yoga* Chris Bishop St ON.2	8-9am Beginner Yoga Kim at Gray Hall^ Palmerston ON.2	Yoga Beginners Introduction In-Studio & Online Sat & Sun, 7 & 8 Jan Start time 2pm-3.30pm 2 easy classes Basic poses Intro background Details on site above Chris is teacher. 19 Bishop St, & ON.2
7-8pm Beginner Yoga Chris. Bishop St ON.2			* Special focus classes, but still useful to all.		10-11am # Gentle Yoga* Chris Casuarina ON.2	
					4-5.15pm Restorative Yoga Chris Bishop St ON.2	

LOCATIONS:

All at 19 Bishop, unless marked otherwise.

^Palmerston: at Gray Community Hall, Cnr Essington Ave. & Victoria Drive, in Gray.

Casuarina: Lyons Centre, 25 Damabila Way, Lyons. Except 26/11, 24/12, 31/12, 7/1, 14/1.

ON.2 means Online Room 2. All classes reserved at flametreeonline2.punchpass.com

ON.1 means Online Room 1. All classes reserved at flametreeonline1.punchpass.com

PRICES: In-Studio @ \$15.95 a wk; Online @ \$9.95 a wk. **COURSE:** 6 Wk In-Studio & LIVE Online: \$89. **Video only:** \$19.95

6 week LIVE ONLINE only beginner course: \$37.50. **Combined Online & Studio** weekly unlimited beginners, inc video: \$19.95 a week

Beginner 10 pass deals: Online \$79 (7.90 a class), OR In-studio (Darwin region) \$99 (9.90 a class).

STYLES: EASY, intro yoga. Plus some have a focus like Backcare, Women Only, Restorative, or Gentle. Details on site above.

CLASS MIX: Mix of classes you do can be varied each week. Special Focus classes are also useful to any beginner.

Updated: 16/9/22

Newcomers & 6-Months Lapsed: \$29 (or less) for 2 wks unlimited

Non-Beginner In-Studio (Offline) & Online 2022 Timetable. In studio at Woolner (Darwin) & Casuarina

Get a pass, & reserve a class at FLAMETREEyogaSTUDIO.com.au Time Zone: Darwin, Australia

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	6.30-7.30am Pranayama (Breath Meditation) Chris OF1. ON 1	6.30-8am Experienced Chris OF1 ON1		6.30-7.30am Pranayama (Breath Meditation) Chris OF1.ON 1	7-8.30am Experienced Chris OF1 ON1	9.30-11am Intermediate / Exp. Belinda. OF1. ON1
9.30-10.45am Intermediate Jade. OF1. ON1	9-10.30 am Intermediate / Exp Chris. OF1. ON1	8.30-9.45am 50's Plus Focus** Belinda. OF1. ON 1	8.30-10am Intermediate / Exp. Chris OF1 ON1	8.30-10 am Intermediate / Exp. Belinda. OF1. OL1	8.45-10.15am Yoga 4 Immune System Belinda. OF1. ON1	
	5.30-7pm Intermediate / Exp Chris. OF1. ON1	5.30-6.45pm Trans / Intermediate Kim OF1.ON 1	10.15-11.45am Trans / Intermediate Belinda. OF1. ON1	10.15-11.15am Gentle yoga Chris	10-11am# Gentle Yoga* Chris	
5.30-6.45pm Trans / Intermediate Belinda. OF1, ON 1	7.15-8.30pm Women's Health (Women Only) All level Rena OF 1.ON1 Plus Guest Teachers	7-8pm Yoga For Back (& Neck / Shoulders) All level Chris OF1. ON 2	5.45-7.15pm Yoga 4 Immune System Chris. OF1. ON1	All level Chris OF1 ON 2	# not 26 Nov 2022 All level Casuarina ON.2	
				5.30-7pm Restorative yoga Chris OF1 .ON 1	10.30-11.45am Trans / Intermediate Cheryl OF1 ON1	
					4.00-5.15pm Restorative Yoga All level Chris OF1 .ON 2	

LEVELS: Trans = Transition To Intermediate; Intermediate = Level 1; Experienced = Level 2;

Intermediate / Exp = Mix of Intermediate & Experienced levels. All level = beginners + non-beginners.

ON2 = online, with reservations at via flametreeROOM2.punchpass.com

OF1 = Offline, 19 Bishop St Woolner; ON1 = online. Reservations via flametreeROOM1.punchpass.com

Palmerston = Gray Community Hall, Cnr Essington Ave. & Victoria Drive Gray. Casuarina: Lyons Centre, 25 Damabila Way, Lyons

** Non-beginners under 50 can do 50 Plus classes if they wish. Among other things, it includes some Restorative Yoga

Updated: 16/9/22