



TIMETABLE - APR 2009

YOGA

MONDAY

9:00am-10:30am - Level 1/Beginners - with *Margot*

5:30pm-7:15pm - Level 2 - with *Susan*

7:30pm - 8:30pm Intro2Yoga with *Denise* - **ONLY \$7**

TUESDAY

6:45am - Self practice - Brook Sanctuary gold coin donation

10:00am-11:30am - Open Level with *Susan* beginners welcome

WEDNESDAY

10:15am-11:45am - Over 50's with *Margot*

12:05pm-12:55pm - L/time Swiss Ball - Open level - with *Kate*

5:30pm-7:00pm - Level 1/Level 2 - with *Susan*

THURSDAY

10:00am-11:30am - Level 1 with *Susan*

12:05pm-12:55pm - L/time Combo - Yogalates with *Sue*

5:30pm - 7:00pm - Open Level - Starts April 30th with *Duncan*

7:30pm - 8:30pm - Intro2Yoga with *Denise* - **ONLY \$7**

FRIDAY

6:45am - Self Practice - Brook Sanctuary gold coin donation

10:00am-11:30am - Prenatal Yoga with *Valda*

SATURDAY

8:30am-10:00am - Open Level - *Susan/Margot/Birgitta/Sue*

SUNDAY

10:00-11:30am - Open Level with *Denise* beginners welcome

PILATES

MONDAY

10:45am-11:45am - Beginners & Over 50's with *Sue/Kate*

TUESDAY

12:05pm-12:55pm - L/time Open Class with *Kate*

5:45pm-6:45pm - Open Level with *Sue*

WEDNESDAY

11:30am-12:30am - Richmond Intro Course with *Sue* -14th May

12:05pm-12:55pm - Swiss Ball - Open Level with *Kate*

7:15pm-8:15pm - Nelson Intro Course with *Sue* - 14th May

THURSDAY

12:05pm-12:55pm - L/time Yogalates with *Sue*

5:45pm-6:45pm - Pilates 4 Blokes course with *Revti*

SATURDAY

10:15am-11:15am - Classical Pilates with *Sue*



CLASS & COURSE RATES

All casual classes.....	\$16.00
Prenatal Classes.....	\$10.00
Assessment.....	\$40.00
5 Class concession card.....	\$67.50
10 Class concession card.....	\$120.00
30 Class concession card.....	\$270.00
1:1 Studio session.....	\$55.00
5 1:1 Studio sessions.....	\$240.00
½ hr 1:1 Studio session.....	\$30.00
5 x ½ hr 1:1 Studio sessions.....	\$140.00
All Pilates courses.....	\$99.00

INTRO2YOGA™

ONLY **\$7**
a class

7:30pm



MONDAYS & THURSDAYS

58 BUXTON SQUARE - Mob/txt: 029 2813735
www.bodypower.co.nz

58 Buxton Square - Nelson
Mob/txt: Sue 029 2813735
Email: inbox@bodypower.co.nz
Web: www.bodypower.co.nz