



transform with hatha

Discover the transformative essence of Hatha yoga classes, focusing on a blend of physical postures, breathing techniques and meditation. You will benefit from increased flexibility, strength and a calmer mind. Our inclusive classes offer a supportive environment for personal growth as guidance will be provided according to individual's learning needs.

Hatha Yoga

Instructor: Yinuo

Time: Friday, 7:00pm to 8:00pm

Fees: 10 sessions

Member | **\$218.00** w/GST

Guest | **\$239.80** w/GST

Venue: Aerobics Room

This class requires a minimum number of participants to commence.