

STUDIO CIRQ YOGA & PILATES

LEVEL 1, 19 MEYERS PLACE, MELBOURNE 9654 9994 www.studiocirq.com.au

TIMETABLE 30 JANUARY - 30 APRIL 2012

Classes are held on a casual/drop in basis. No booking required. We provide the equipment including mats and have female and male change rooms. Most clients use our class passes that are competitively priced and encourage regular attendance.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

PILATES

	7.30am Gen/Int.			7.30am Gen/Int.	
12.15pm Gen/Int.	12.15pm Beginner	12.15pm Beginner	12.15pm Gen/Int.	12.30pm Gen/Int.	10am Gen/Int.
1pm Intermediate	1pm Intermediate	1pm Intermediate	1pm Intermediate		
5.30pm Gen/Int.	5.30pm Gen/Int.		5.30pm Gen/Int.		

YOGA

		7.15am Dynamic			
12.50pm Dynamic	12.50pm Dynamic	12.50pm Dynamic	12.50pm Dynamic	12.50pm Dynamic	
5.30pm Dynamic	5.30pm Dynamic	5pm Beginners	5.30pm Dynamic	5.30pm Dynamic	
6.30pm Ashtanga Led Primary	6.30pm Ashtanga Led Primary	6pm Dynamic	6.30pm Ashtanga Mysore Style		

CLASS DESCRIPTIONS

Beginner Level Mat Pilates: for the basics

General/Intermediate Level Mat Pilates: includes a good mix of basics and more

Intermediate Level Pilates is for experienced students with at least 6 months regular Pilates practice. Requires a good level of fitness for those wishing to work at a high level.

Beginner Level Dynamic Yoga: a great place to start yoga or return to regular practice.

Dynamic Yoga: a focus on energy, alignment and breath. All levels are welcome.

Ashtanga Yoga Led Class: follows the sequence of strong, rhythmic postures of the primary series. Requires yoga experience

Ashtanga Yoga Mysore style: students do the sequence in their own time. Fee by donation

CLASS FEES. Payment can be made in cash, EFTpos, Visa or Mastercard

Casual class	\$19 (45 - 60 minute class) \$20 (90 minute class)
10 classes valid 6 weeks	\$135
10 classes valid 3 months	\$150
Full time student 12 classes/3 months	\$99

BEGINNER COURSES

Courses are run throughout the year and if you like structure, committing to a course will build a deep foundation and greater understanding of a technique.

All bookings require a deposit of \$50 on reservation, and the balance paid at the start of the course or workshop. Bookings can be made at the Studio, over the phone or online.

Early-bird bookings made and fully paid 14 days prior to the course start date receive a bonus 5-class pass for use at all casual classes.

Ashtanga Yoga for Beginners	Thurs	2 February - 5 April. 10 wks	6.15pm	\$220
Pilates for Beginners	Mon	6 February - 2 April. 8 wks	6.15pm	\$180
Power Pilates (Classical Pilates)	Tues	7 February - 10 April. 10 wks	6.15pm	\$200

TEACHER-RUN CLASSES

The following classes are run by yoga teachers at Studio Cirq. Please contact the teachers for more information about the classes on the numbers below*. Payment is made to the teacher.

	M	T	W	TH	F	S
Ashtanga Yoga Mysore Style	6 - 9am Mysore Style	6 - 9am Mysore Style	6 - 9am Mysore Style	6 - 9am Mysore Style	6.30 - 8am Led Primary Series	10am - 12pm Mysore Style
Jasmine Johnston Individual Yoga Tuition	6.30 - 8.30am			6.30 - 8.30am	5.30 - 7.30pm	
Iyengar Yoga			6 - 8pm Lvl 1 + 2. Minimum. 6 months experience			12.15 - 2pm General Level. Beginners welcome
Vijnana Yoga		7.30 - 9.15pm		7.30 - 9.30pm		

*Please arrange attendance and payment directly with teachers:

Ashtanga Yoga:	Karyn Grenfell	0412 806 752	www.bluelotusashtanga.com
Iyengar Yoga:	Georgia King	0425 782 387	rbylouking@hotmail.com
Individual tuition	Jasmine Johnston	0449 151 890	yogawithjasmine@gmail.com
Vijnana Yoga	Antonia Pont	0422 969 839	www.vijnanayogaaustralia.org

THE ACUPUNCTURE STUDIO MELBOURNE

Acupuncturists Kerry Marshall and Stephanie Bowen have brought the model of community multi-bed acupuncture treatment to Melbourne, providing affordable health care without compromising on quality.

Treatments are done in the comfort of a reclining chair in our main studio. Stay as long as you like, enjoy the ambient music and let the treatment take its effect.

Pay between \$25 - \$45 (your choice) on the day plus an extra \$10 if it's your initial visit.

Kerry Marshall and Stephanie Bowen are both registered Acupuncturists with 12 years collective experience in London, LA and Melbourne. They have created The Acupuncture Studio with a passion for equality and affordable acupuncture for all.

Use our easy online booking service : www.theacupuncturestudio.com.au