

# Studio Cirq Timetable July – December 2008

Level 1, 19 Meyers Place Melbourne 9654 9994 [www.studiocirq.com.au](http://www.studiocirq.com.au)

Mon	6 – 9am	Ashtanga Mysore Style		
	12.30	Mat Pilates	45	
	1pm	Dynamic	60	
	5.30pm	Beginner/Intermediate Mat Pilates	60	
	5.30pm	Dynamic Yoga	60	
	6.30pm	Power Pilates*	60	
	6.30pm	Ashtanga Led Practice	90	
	7.30pm	Intro to Meditation	90	
	Tues	6 – 9am	Ashtanga Mysore Style	
7.15am		Dynamic Yoga	60	
12.30pm		Dynamic Yoga	60	
1.15pm		Mat Pilates	45	
5pm		Intermediate Pilates	60	
5.30pm		Dynamic Yoga	60	
6pm		Beginner Pilates course	60	
6.30pm		Ashtanga Led Practice	90	
7pm		Intermediate Pilates	60	
Wed	6 – 9am	Ashtanga Mysore Style		
	7.30am	Mat Pilates	60	
	12.30pm	Mat Pilates	45	
	1pm	Dao In Yoga	60	
	5.30pm	Dynamic Yoga	60	
	6pm	Iyengar Yoga Level 1	120	
	6pm	Ashtanga Yoga Course	75	
	6.30pm	Intermediate Pilates	60	
	Thurs	6 – 9am	Ashtanga Mysore Style	
12.30pm		Dynamic Yoga	60	
1pm		Mat Pilates	45	
5.30pm		Dynamic Yoga	60	
6pm		Intermediate Pilates	60	
6.30pm		Ashtanga Led Practice	90	
7pm		Beginner Pilates Course	60	
Fri		6 – 9am	Ashtanga Mysore Style	
		6.45am	Iyengar Yoga Led Course	75
	7.30am	Mat Pilates	60	
	12.30pm	Mat Pilates	60	
	1pm	Dynamic Yoga	60	
Sat	9am	Dynamic Yoga	90	
	10.30am	Ashtanga Yoga Led Practice	90	

\* Not available on a drop in basis. Booking required.

\* Courses run over 6 - 10 weeks. These classes are not available on a drop in basis.

Casual classes are open to all on a drop in basis. We provide all equipment. Change rooms are provided for female and male clients.

**Discount Parking :** \$3.50 unlimited parking at Kings Parkade after 5pm weekdays and all day weekends. Bring your ticket to us to be stamped. Only available to clients attending a class

### CLASS FEES

Casual	Pilates daytime classes	\$16
	Pilates evening classes	\$17
	Yoga 1 hour classes	\$16
	Yoga 90 - 120 minute classes	\$18
Pre-paid	Passes are valid for 6 months from date of purchase	
Passes	5 daytime Yoga or Pilates classes	\$75
	5 evening/weekend Yoga or Pilates classes	\$85
	10 daytime Yoga or Pilates classes	\$140
	10 evening/weekend Yoga or Pilates classes	\$160
	<i>Please see our website for pricing for Ashtanga Yoga Mysore fees</i>	

### CLASS DESCRIPTIONS

**Dynamic Yoga** is like a moving meditation, with a focus on energy, alignment and breath. Each week, different sequences of posture combinations are explored. All levels are welcome.

**Ashtanga Yoga** synchronises breath and movement to develop a calm, focused mind while performing a flowing sequence of postures to cleanse, detoxify and realign the body. The energetic practice increases strength, stamina and flexibility, releasing restrictions and blockages to reveal the inner grace, wellbeing and happiness within us all.

**Iyengar Yoga** is based on the teachings of India's living legend, BKS. Iyengar. His method introduced props into the modern practice of yoga to allow everyone to enjoy the benefits of the postures, regardless of physical condition, age or experience. Props help the student receive the deep benefits of postures held over significant time periods. The method develops strength, endurance and optimal body alignment.

**Pilates'** method of body conditioning is a system of stretching and strengthening exercises to strengthen muscles, improve posture and provide flexibility and balance. We teach Mat Pilates using a variety of small props including the bolster, magic circle, theraband, pilates ball, thera-tubing and fitball. Joseph Pilates devised his method originally called Contrology to be performed lying on the floor (mat), so the exercises can be done very effectively anywhere and without expensive equipment.