

Yogalates combines the best of Yoga & Pilates to invigorate

...stretch...strengthen and tone the body as well as relaxing & soothing the mind.

Monday	Tuesday	Wednes	Thurs	Fri	Sat	Sun
9.30am Yogalates A	9.30am Beg. A	6am Beach\$10 Yogalates Bring towel A	9.30am Yogalates M	9.30am Yogalates M	7.30am Yogalates M	10am Yogalates A
		9.30am Yogalates A			9am Yogalates A	
6pm Pre natal A	6pm Beg. A	6pm Yogalates M			10am Pre natal A	
7pm Yogalates/ Meditation A	7pm Yogalates A	7pm Beg. Yogalates A	7pm Courses See web.			

A...Annie

M...Melissa

SPECIAL DEAL.....Beginners \$80.... 5 classes & a Yoga Mat

Casual Yogi...\$17

Smart Yogi..10 classes for \$150

Committed yogi...monthly unlimited classes \$150

Pause Yogalates Studio

1/33 Cronulla Plaza

Enter via council car park

Enquiries call Annie..0409275186

www.pauseyogapilates.com.au

[email...pauseyoga@optusnet.com.au](mailto:pauseyoga@optusnet.com.au)

PAUSE MASSAGE

\$60 ...1 hour massage

Remedial, deep tissue, hot stone & pregnancy

Health fund rebates.....ATMS

Bookings call Danielle...0438200104