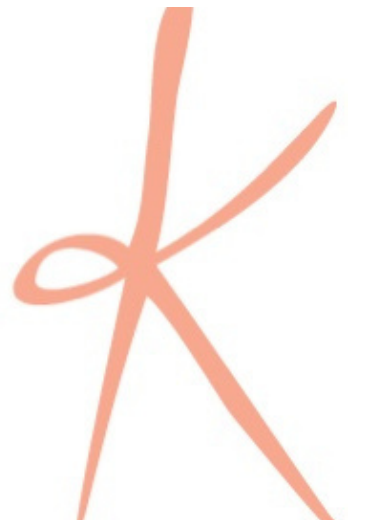


JAPANESE YOGA & CREATIVE PROGRAM

STUDIO



SAT-MON

Closed

THURSDAY

- 10am creative mini yogi
- 11.15am creative little yogi HS**
- 6.15pm yoga for the season
- 7.30pm meditation & mindfulness

TUESDAY

- 6.30pm yoga for the season
MATS FITNESS*

FRIDAY

- 10am creative teen yogi HS
- 7pm create & connect >

WEDNESDAY

- 3.30pm creative little yogi
- 4.30pm creative teen yogi

JULY SCHOOL HOLIDAY PROGRAM

- creative little yogi 6th & 13th
- creative teen yogi 7th & 14th

*Class held @ MATS fitness

** HS (home school)

> Held monthly check website for upcoming dates

STUDIO-K.ORG