



KOUKOLEE

YOGA | PILATES | FITNESS

MONDAY

7.30 AM PILATES WITH MACARENA

9 AM MINDFUL YOGA WITH MEL

6 PM VINYASA WITH KYLIE

TUESDAY

9 AM BODY CONDITIONING SHIKHA

10AM ACTIVE STRETCH WITH SHIKHA

7 PM PILATES WITH SHIKHA

WEDNESDAY

7.30 AM MORNING FLOW WITH RUTH

9 AM VINYASA WITH SATYA

6.00 GENTLE HATHA WITH RUTH

THURSDAY

9 AM ABS & BUMS WITH MACARENA

6.30 PM YIN WITH YUNA

FRIDAY

9 AM YOGA CONDITIONING
WITH SATYA

10.15 AM INTEGRAL YOGA
WITH SATYA

SATURDAY

8.30 AM MORNING FLOW WITH SATYA

4 PM YOGA NIDRA WITH SATYA

SUNDAY

9 AM PILATES WITH SHIKHA

4 PM YIN WITH DONNA

**Intro pass:
2 weeks unlimited
classes for \$45 &
10% off a treatment
when signing up**



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120 OCEAN VIEW ROAD,
ABOVE THE PHARMACY