

# Hartig Yoga

## Beach Yoga in Palm Cove

<b>MON-</b>	8.00 - 9.00am	<b>Gentle Yoga - Beth</b>	<b>(Beach)</b>
	6.00 - 7.00pm	<b>Yin Yoga - Beth</b>	<b>(Alamanda Lobby)</b>
<b>TUE-</b>	6.30 - 7.30am	<b>SUNRISE Yoga - Salome</b>	<b>(Beach)</b>
<b>WED-</b>	8.00 - 9.00am	<b>Hatha Flow (2) - Beth</b>	<b>(Beach)</b>
<b>THU-</b>	8.00 - 9.00am	<b>Hatha Flow - Beth</b>	<b>(Beach)</b>
<b>FRI-</b>	7.30 - 8.30am	<b>Vinyasa (2) - Sarah</b>	<b>(Beach)</b>
<b>SAT-</b>	7.30 - 8.30am	<b>Vinyasa - Meleisha</b>	<b>(Beach)</b>
<b>SUN-</b>	7.30 - 8.30am	<b>Slow Flow - Salome</b>	<b>(Beach)</b>



### Complimentary For Accor Members

Please book at Front Desk.

Not an Accor member? See our friendly reception staff.

**\*Level 2 = Some yoga experience required. All other classes are suitable for beginners**

[www.hartigyoga.com](http://www.hartigyoga.com)

Please find attached an updated copy of Hartig yoga timetable.

Accor members are complimentary, and can book in via the front desk.

Whoever gets the booking at the front desk can text Beth on 0421322691 to book the guest in.

Please use this as an incentive for ALL membership sign up.

Please NOTE the WED & FRI session with the (2) requires Yoga experience.