



YOGA & PILATES AT BEACON RESORT

kids 4 yrs-15 yrs are welcome and free

TUESDAY

Restore Yoga @ 6.30pm

WEDNESDAY

Pilates @ 7.30am

THURSDAY

Yin Yoga @ 6.30pm

FRIDAY

Pilates @ 7.30am

SATURDAY

Yoga Flow @ 7.30am

SUNDAY

Yoga Flow @ 9.00am

Classes take place in
the Function Room
@BIG4 Beacon Resort

mud
day spa

78 bellarine hwy, queenscliff, vic, 3225
www.MudDaySpa.com.au t: 03 5257 4100