

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6.00am *Fit Yoga (Book by term) Melanie STUDIO 1		6.00am *Fit Yoga (Book by term) Melanie STUDIO 1	6.00am NEW CLASS HOT Pilates Yoga Simon STUDIO 2
9.30am General Melanie STUDIO 1	9.30am Fit Yoga Nardine STUDIO 1		9.30am Fit Yoga Melanie STUDIO 1	9.30am General Nardine STUDIO 1
4.15pm *Kids Yoga Kehry STUDIO 1		11.00am *Gentle Core Kehry STUDIO 1	11.00am NEW CLASS *Meditation & Tibetan Yoga Marg STUDIO 2	REGULAR FRIDAY NIGHT WORKSHOPS
5.15pm (45 mins) NEW CLASS \$8 Meditation Class Kehry STUDIO 2			12.30pm NEW CLASS *Modified/Adapted Yoga Marg STUDIO 2	
6.00pm Gentle Core Kehry STUDIO 1	5.45pm Prenatal Melanie STUDIO 1	5.45pm General Kate STUDIO 1	5.45pm Beginners Kate STUDIO 1	9.30am General Prue STUDIO 1
6.15pm Yoga 4 Athletic Recovery Melanie STUDIO 2	5.45pm HOT Vinyasa Annie STUDIO 2		5.45pm NEW CLASS HOT Vinyasa Simon STUDIO 2	SUNDAY
7.30pm NEW CLASS General Nardine STUDIO 1	7.00pm Beginners Melanie STUDIO 1	7.15pm Gentle Core Kehry STUDIO 1	7.15pm NEW CLASS General Katie STUDIO 1	Mini Yoga Retreat (2.5hrs) 7.30am 3rd Sunday each month PLEASE BOOK \$25 STUDIO 1
7.30pm Introductory Kehry STUDIO 2		7.00pm NEW CLASS HOT Bikram Method Simon STUDIO 2	7.00pm *Beginners Meditation Course Kehry STUDIO 2	

Yoga
**TEACHER
TRAINING**
Retreats
New career
or
deepening
yoga
practice

*give us your body,
gain a tranquil mind*

Winter
TIMETABLE

Classes marked with an asterisk (*) **DO NOT** run during school holidays.

Effective as of Monday July 13th, 2015. See reverse side for description of classes

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