

AVALON YOGA SCHOOL LATE SUMMER TIMETABLE 2012

MON	TUES	WED	THURS	FRI	SAT	SUN
		7-8 am Seasonal yoga 8 week course comm 15th feb Yolande			8-9.15 am Prenatal Yoga @ Avalon Rec Centre Rm 1	8 - 10 am Ashtanga Primary Series \$25 casual
9.30 - 11 am Spinal Yolande All levels	9.30-11 am Alignment Sylviane All levels	9.30-11 am Vinyasa Flow Fabio General	9.30 - 11 am Hatha Jacqui All levels	9.30 - 11 am Seasonal Hatha Yolande Intermediate	9.30-11 am Beginners Sylviane	
1.15-2.45 pm Iyengar Jo All levels			11.30-4 pm Bella Psychic sessions, 0425 484 726	11.30 - 1 pm Remedial Yolande		
		4-5 pm Kids Yoga Jo Ages 3-12		1 - 4 pm Clinic Yolande 0410 538 960		
6.30-8 pm Alignment Sylviane	6.30-8 pm Vinyasa Flow Fabio Intermediate	6.30 - 8 pm Soul revival Yoga Yolande All levels				



8/55 Avalon Parade, Avalon Beach www.avalonyoga.com.au, 0410538960