

WINTER TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 - 7.30 AM							
8.00 - 10.00 AM							ASHTANGA YOGA monthly (see below)
9.30 - 11.00 AM	K I Y O G A R o m y	GENERAL Y O G A Sylviane	GENERAL Y O G A Yolande	GENERAL Y O G A Sylviane	GENERAL Y O G A Yolande	GENERAL Y O G A Sylviane	
11.30 - 12.45 PM					BEGINNERS BACKCARE Kerry Q		
AFTER NOON SESSIONS		KIDS YOGA 3 - 6 YEARS 3.45 - 4.15 7 - 12 YEARS 4.15 - 5.00 Jo	BEGINNERS GENERAL Bronwyn 4.30 - 6.00		A S H T A N G A Y O G A Full Primary Sequence LED CLASS (experience required) 8 - 10 AM First Sunday of the month 1 AUG 5 SEPT 3 OCT 7 NOV 5 DEC For bookings contact Georgia-Kate Schubert 0414 210216		
6.30 - 8.00 PM	GENERAL Y O G A Sylviane	GENERAL Y O G A Kerrie K		BEGINNERS COURSE Kerrie K			
8.00 - 9.30 PM				BEGINNERS GENERAL Kerry G			M A S S A G E O N M O N D A Y S with Romy contact 0410 201 615