

# TIMETABLE

## SPRING / SUMMER 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN
MORNING	4.30					Sadhana	
	6.00	Vinyasa	Hatha	Vinyasa	Hatha		
	6.00	Meditation	Kundalini	Meditation	Kundalini		
	8.00	Kundalini		Kundalini		Yin	Hatha
	8.30					Kundalini	Vinyasa
MIDDAY	9.30	Yin	Vinyasa	Yin	Vinyasa	Kundalini	
	10.00					Yin	Kundalini
	11.00				Mums & Bubs		
	11.30					Kundalini	Vinyasa
	12.30	Hatha	Kundalini	Vinyasa	Kundalini	Hatha	
	3.45		Kids Yoga				
	4.30	Vinyasa				Vinyasa	Yin
	5.00					Vinyasa	
	5.45	Mindfulness	Pregnancy	Yin	Pregnancy	Gong Bath	
	6.00	Kundalini	Vinyasa	Vinyasa	Vinyasa		Yoga Nidra
EVENING	6.15	Mindfulness				Yin	
	7.15	Vinyasa	Beginners	Masterclass	Kundalini		
	7.30	Yin	Yin	Kundalini	Yin		

- KEY**
- Kids Yoga is only offered during school terms
  - Sadhana offered on the 1st Saturday of the month
  - Four week course. See website for details.
  - Community Yoga is a \$5 donation offered by developing yoga teachers
  - Vinyasa Masterclass - yoga experience required

- TIMES**
- ⋮ 75 mins
  - ⋮ 60 mins
  - 30 mins