DECEMBER					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24
	•	Sunrise			
		Dynamic			Dynamic Yoga
		6.00am -			
Open Yoga		7.00am		Open Yoga	7.00 - 8.15 am
9.30-	Yoga and		Yoga and	9.30 -	
10.45am	meditation		Meditation	10.45am	
	6.15 - 7.30				•
	pm		6.15 - 7.30pm		
		•		."	
JANUARY					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	1.
Yoga	Yoga	Yoga	Yoga	Yoga	
Intensive *	Intensive *	Intensive *	Intensive *	Intensive *	
7.00 - 8.15	7.00 - 8.15		7.00 - 8.15	7.00 - 8.15	
am	am	7.00 - 8.15 am	am	am	
			Open Yoga		•
	1		9.30 -		
Open Yoga		Yoga Flow	10.45am		
5.30 -		loga non	10.104111	I	
6.45pm		5.30 - 6.45pm			
o. 10p111		Yoga for			
		pregnancy			
Yoga Flow		and birth			
7.00 -		ana biini			
8.15pm		7.00 - 8.15pm			
		7.00 0.10pin			
16	17	18	19	20	2
16	17	18	19	20	
16	17	18			Open Yoga
16	17	18	Open Yoga	Open Yoga	
	17		Open Yoga 9.30 -	Open Yoga 9.30 -	Open Yoga
Open Yoga	17	Yoga Flow	Open Yoga	Open Yoga	Open Yoga
Open Yoga 5.30 -	17	Yoga Flow	Open Yoga 9.30 -	Open Yoga 9.30 -	Open Yoga
Open Yoga 5.30 -	17	Yoga Flow 5.30 - 6.45pm	Open Yoga 9.30 -	Open Yoga 9.30 -	Open Yoga
Open Yoga 5.30 -	17	Yoga Flow 5.30 - 6.45pm Yoga for	Open Yoga 9.30 -	Open Yoga 9.30 - 10.45am	Open Yoga
Open Yoga 5.30 - 6.45pm	17	Yoga Flow 5.30 - 6.45pm Yoga for pregnancy	Open Yoga 9.30 -	Open Yoga 9.30 - 10.45am Restorative	Open Yoga
Open Yoga 5.30 - 6.45pm Yoga Flow	17	Yoga Flow 5.30 - 6.45pm Yoga for	Open Yoga 9.30 -	Open Yoga 9.30 - 10.45am Restorative Yoga	Open Yoga
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 -	17	Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth	Open Yoga 9.30 -	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00	Open Yoga
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 -		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth	Open Yoga 9.30 -	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm 23		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm 23 Open Yoga 9.30 -		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 -	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm 23 Open Yoga 9.30 -		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm 23 Open Yoga 9.30 -		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 -	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm 23 Open Yoga 9.30 - 10.45am		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm 23 Open Yoga 9.30 - 10.45am		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 -	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm  Yoga Flow 7.00 - 8.15pm  23  Open Yoga 9.30 - 10.45am  Open Yoga 5.30 - 5.3		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm  Yoga Flow 7.00 - 8.15pm  23  Open Yoga 9.30 - 10.45am  Open Yoga 5.30 - 5.3		Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 - 10.45am  Yoga Flow 5.30 - 6.45pm	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm 23 Open Yoga 9.30 - 10.45am	24	Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 - 10.45am  Yoga Flow 5.30 - 6.45pm Yoga for	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm  Yoga Flow 7.00 - 8.15pm  23  Open Yoga 9.30 - 10.45am  Open Yoga 5.30 - 6.45pm	24 Yoga and	Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 - 10.45am  Yoga Flow 5.30 - 6.45pm Yoga for pregnancy	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm  Yoga Flow 7.00 - 8.15pm 23  Open Yoga 9.30 - 10.45am  Open Yoga 5.30 - 6.45pm	Yoga and meditation	Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 - 10.45am  Yoga Flow 5.30 - 6.45pm Yoga for	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm 23 Open Yoga 9.30 - 10.45am Open Yoga 6.45pm Yoga Flow 7.00 - 6.45pm	Yoga and meditation 6.15 - 7.30	Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 - 10.45am  Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm Yoga Flow 7.00 - 8.15pm 23 Open Yoga 9.30 - 10.45am Open Yoga 6.45pm Yoga Flow 7.00 - 6.45pm	Yoga and meditation	Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 - 10.45am  Yoga Flow 5.30 - 6.45pm Yoga for pregnancy	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am Restorative Yoga 6.30 - 8.00 pm 27 Open Yoga 9.30 -	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm  Yoga Flow 7.00 - 8.15pm 23  Open Yoga 9.30 - 10.45am  Open Yoga 5.30 - 6.45pm  Yoga Flow 7.00 - 8.15pm	Yoga and meditation 6.15 - 7.30 pm	Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 - 10.45am  Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am  Restorative Yoga 6.30 - 8.00 pm 27  Open Yoga 9.30 - 10.45am	21 Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm  Yoga Flow 7.00 - 8.15pm  23  Open Yoga 9.30 - 10.45am  Open Yoga 5.30 - 6.45pm  Yoga Flow 7.00 - 8.15pm	Yoga and meditation 6.15 - 7.30	Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth 7.00 - 8.15pm 25  Open Yoga 9.30 - 10.45am  Yoga Flow 5.30 - 6.45pm Yoga for pregnancy and birth	Open Yoga 9.30 - 10.45am	Open Yoga 9,30 - 10.45am  Restorative Yoga 6,30 - 8.00 pm 27  Open Yoga 9,30 - 10.45am	Open Yoga 7.00 - 8.15 am

<sup>\*</sup> Yoga intensive must be booked as a 5 session block \$60 All other classes \$18