

DECEMBER					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24
Open Yoga 9.30 - 10.45am	Yoga and meditation 6.15 - 7.30 pm	Sunrise Dynamic 6.00am - 7.00am	Yoga and Meditation 6.15 - 7.30pm	Open Yoga 9.30 - 10.45am	Dynamic Yoga 7.00 - 8.15 am

JANUARY					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14
Yoga Intensive * 7.00 - 8.15 am	Yoga Intensive * 7.00 - 8.15 am	Yoga Intensive * 7.00 - 8.15 am	Yoga Intensive * 7.00 - 8.15 am	Yoga Intensive * 7.00 - 8.15 am	
Open Yoga 5.30 - 6.45pm		Yoga Flow 5.30 - 6.45pm	Open Yoga 9.30 - 10.45am		
Yoga Flow 7.00 - 8.15pm		Yoga for pregnancy and birth 7.00 - 8.15pm			
16	17	18	19	20	21

Open Yoga 5.30 - 6.45pm		Yoga Flow 5.30 - 6.45pm	Open Yoga 9.30 - 10.45am	Open Yoga 9.30 - 10.45am	Open Yoga 7.00 - 8.15 am
Yoga Flow 7.00 - 8.15pm		Yoga for pregnancy and birth 7.00 - 8.15pm		Restorative Yoga 6.30 - 8.00 pm	
23	24	25	26	27	28

Open Yoga 9.30 - 10.45am		Open Yoga 9.30 - 10.45am		Open Yoga 9.30 - 10.45am	Open Yoga 7.00 - 8.15 am
Open Yoga 5.30 - 6.45pm		Yoga Flow 5.30 - 6.45pm			
Yoga Flow 7.00 - 8.15pm	Yoga and meditation 6.15 - 7.30 pm	Yoga for pregnancy and birth 7.00 - 8.15pm			

Book via sms Teachers	Carolyn 0414 500 268	Helen 0431 732 143	Ella 0416 115 108	Gail 0422 052 346
--------------------------	-------------------------	-----------------------	----------------------	----------------------

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