


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6am - 7.30am General Hatha Marc Hochstadt 0402 870 842	6am - 7am General Hatha (No class Mar 6th, 21st) Chris Hopton 0410 596 196			6am - 7.30am Seasonal Hatha Yoga Gwynne Jones 0414 579 446	
			8am - 9.15am Foundational Yoga Sue Broderick 0416 206 894	7.45am -9.15am General Hatha Jacqui Giuliano 0419 944 120	8am - 9.15am Dynamic Flow Jenny Segail 0414 839 326	8am - 9am Deeper into the Stretch Chris Hopton 0410 596 196
8am - 9.15am Easter Intensive April 2nd Jenny Segail 0414 839 32				8am - 9.15am Easter Intensive March 30th Jenny Segail 0414 839 32	8am - 9.15am Easter Intensive March 31st Jenny Segail 0414 839 32	8am - 9.15am Easter Intensive April 1st Jenny Segail 0414 839 32
9.30am -11am Seasonal Flow Tracy Chambers 0422 752 705	9.30am - 10.30am Aleli Core Marti Santangelo 0412 757 266	9.30am -11am General Hatha Jacqui Giuliano 0419 944 120	9.30am -11am Iyengar Yoga Jo Longhurst 0405 330 613	9.30am - 10.30am Aleli Core Marti Santangelo 0412 757 266	9.30am -11am General Hatha Jacqui Giuliano 0419 944 120	
		3.45pm - 4.30pm Kids Yoga Jo Longhurst 0405 330 613		2pm - 4pm Good Friday Restorative Yoga March 30th Jacqui Giuliano 0419 944 120		1pm - 4pm Rope Workshop March 18th Jo Longhurst 0405 330 613
	6pm -7.15pm General Hatha Sue Broderick 0416 206 894	6pm - 7.30pm Yin Yoga & meditation with Tibetan bowls Gwynne Jones 0414 579 446	6.30pm- 7.30pm Deeper into the Stretch (No class Mar 22nd) Chris Hopton 0410 596 196			
	7.30pm -9.30pm Thai Massage Qigong workshop March 6th Kiam Frohlich 0452 025 126					

