

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am - 8am Hatha Yoga Prema Margot 0410 334 588	6am - 7.30am General Hatha Marc Hochstadt 0402 870 842	6am - 7am General Hatha Chris Hopton 0410 596 196	6.30am - 7.30am Sattva Yoga Cassie Hamill 0404 090 559		6am - 7.30am Seasonal Hatha Yoga Gwynne Jones 0414 579 446	
			8am - 9.15am Foundational Yoga Sue Broderick 0416 206 894	9.30am - 10.30am Aleli Core Marti Santangelo 0412 757 266	8am - 9.15am Dynamic Flow (No class Nov 10th) Jenny Segail 0414 839 326	8am - 9am Deeper into the Stretch Chris Hopton 0410 596 196
	9.30am - 10.30am Pilates (No class Nov 30th) Natalie Fraser 0425 204 408	9.30am - 11am General Hatha Jacqui Giuliano 0419 944 120	9.30am - 11am Iyengar Yoga Jo Longhurst 0405 330 613	11am - 12pm General Hatha Natalie Fraser 0425 204 408	9.30am - 11am General Hatha Jacqui Giuliano 0419 944 120	
		3.45pm - 4.30pm Kids Yoga Jo Longhurst 0405 330 613				
	6pm - 7.15pm General Hatha Sue Broderick 0416 206 894	6pm - 7.30pm Yin Yoga & Meditation Gwynne Jones 0414 579 446	5pm - 6.15pm Yoga in French Caroline Robertson 0433 344 051			3pm - 5pm Roll & Stretch Workshop November 11th Chris Hopton 0410 596 196
7pm - 8.30pm Crystal Meditation Terri Lovell 0415 619 594	8pm - 9pm Aleli Core/Pilates Marti Santangelo 0412 757 266		6.30pm - 7.30pm Deeper into the Stretch Chris Hopton 0410 596 196			1pm - 4pm Rope Workshop November 25th Jo Longhurst 0405 330 613

