

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6am - 7 am Early Bird Yoga Chris Hopton 0410 596 196			6am - 7.30am Seasonal Hatha Flow Gwynne Jones 0414 579 446	
9.30am - 10.30am Hatha Yoga Caroline Kades 0418448425			8am - 9.15am Hatha Yoga Sue Broderick 0416 206 894	9.30am - 10.30am Aleli Core Marti Santangelo 0412 757 266	8am - 9.15am Dynamic Flow Jenny Segail 0414 839 326	8am - 9am Deeper into the Stretch Chris Hopton 0410 596 196
			9.30am - 11am Iyengar Yoga Jo Longhurst 0405 330 613		9.30am - 11 am General Hatha (no class Jan 26) Sue Broderick 0419 944 120	
		3.45pm - 4.30pm Kids Yoga (commencing Jan 30) Jo Longhurst 0405 330 613				
	6pm - 7.15pm General Hatha Sue Broderick 0416 206 894	6pm - 7.30pm Yin & Meditation Gwynne Jones 0414 579 446	5pm - 6.15pm Yoga in French Caroline Robertson 0433 344 051			*Jan 20* 1 - 4 pm Rope Workshop Jo Longhurst 0405 330 613
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			