

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6am - 7.30am General Hatha Marc Hochstadt 0402 870 842	6am - 7 am Early Bird Yoga (no class Mar 6) Chris Hopton 0410 596 196	6.30am - 7.30am Sattva Yoga Cassie Hamill 0404 090 559		6am - 7.30am Seasonal Hatha Flow (no class 23 Mar) Gwynne Jones 0414 579 446	
9.30am - 10.45am Hatha Yoga Caroline Kades 0418448425	9.30am - 10.30am Wellness, Wellbeing & Self Care (\$5 session; \$25 for 6) Maria Gerathy 0424461844		8am - 9.15am Hatha Yoga Sue Broderick 0416 206 894	9.30am - 10.30am Aleli Core (no class Mar 29) 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) Sue Broderick 0419 944 120	10.00 - 11.30am Inner Yoga (no class 10 & 24 Mar) Phil Liney 0412 664 900
		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 & Meditation (no class 20, 27 Mar) Gwynne Jones 0414 579 446	5pm - 6.15pm Yoga in French Caroline Robertson 0433 344 051			*Mar 3* 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 (no class 7 Mar) Chris Hopton 0410 596 196			