

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6am - 7 am Early Bird Yoga (no class Apr 3) Chris Hopton 0410 596 196			6am - 7.30am Seasonal Hatha Flow Gwynne Jones 0414 579 446	
9.30am - 10.45am Hatha Yoga Caroline Kades 0418448425			8am - 9.15am Hatha Yoga (no class Apr11,18,25) Sue Broderick 0416 206 894	9.30am - 10.30am Aleli Core (no class Apr 5, 12 &19) Marti Santangelo 0412 757 266	8am - 9.15am Dynamic Flow (no class Apr 6 &13) Jenny Segail 0414 839 326	8am - 9am Deeper into the Stretch Chris Hopton (no class Apr 21) 0410 596 196
			9.30am - 11am Iyengar Yoga Jo Longhurst 0405 330 613		9.30am - 11 am General Hatha (no class Apr 20) Sue Broderick 0416 206 894	10.00 - 11.30am Inner Yoga (no class Apr 14 & 21) Phil Liney 0412 664 900
Apr 22 8 - 9.15am Easter Intensive Jenny Segail 0414 839 326		3.45pm - 4.30pm Kids Yoga Jo Longhurst 0405 330 613			*Apr 20* 8 - 9.15am Easter Intensive Jenny Segail 0414 839 326	*Apr 21* 8 - 9.15am Easter Intensive Jenny Segail 0414 839 326
	6pm - 7.15pm General Hatha (no class Apr16,23,30) 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			*Apr 7* 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 (no class Apr 2, 9 &16) Marti Santangelo 0412 757 266		6.30pm - 7.30pm Deeper into the Stretch (no class Apr 6 &13) Chris Hopton 0410 596 196			