

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6am - 7.30am Seasonal Hatha Flow (May 3 only) Gwynne Jones 0414 579 446	6am - 7.30am Seasonal Hatha Flow (no class May 4) Gwynne Jones 0414 579 446	Stretch classes suspended for the month
9.30am - 10.45am Hatha Yoga Christine Hopton Jenny Segail 0414 839 326			8am - 9.15am Hatha Yoga (no class May 2, 9) Sue Broderick 0416 206 894	9.30am - 10.30am Aleli Core/Pilates Marti Santangelo 0412 757 266	8am - 9.15am Dynamic Flow Jenny Segail 0414 839 326	
			9.30am - 11am Iyengar Yoga Jo Longhurst 0405 330 613		9.30am - 11 am General Hatha Christina Pateras Sue Broderick	10am - 11.30am Inner Yoga May 12 and 26 only Phil Liney 0412 664 900
		3.45pm - 4.30pm Kids Yoga Jo Longhurst 0405 330 613			*May 25* 12.30 - 5pm Reiki Level 2 Course Terri Lovell	*May 26* All day Reiki Level 2 Course continues ..
	6pm - 7.15pm General Hatha (no class May 7) 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		*May 11th* 4-5.30pm Restorative & Yoga Nidra Penny Lucas 0402 656 896	*May 5 * 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		Stretch classes suspended for the month			


Avalon Yoga Co-Op

May Timetable

Suite 8, 55 Avalon Parade (Upstairs)

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