

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am			Yoga (Jan)		Yoga (Jan)		
8:00 am					Yin Yoga (Sophie)	Jivamukti (Mick) 90 min	Yoga (Marita)
10:00 am	Yoga (Mikela)	Jivamukti (Mick) 90 min	Yoga (Mikela)	Yoga (Niccy)	Yoga (Sophie)	Jivamukti (Mick) 90 min	Yoga (Marita)
12:00 noon	Yoga (Marita) 1 hr	Yoga (Krystle) 1hr	Yoga (Mikela) 1hr	Spiritual Warrior (Mick) 1hr	Yoga (Ben) 1hr		
1:15 pm					Mums and bubs yoga (Rachel) 45 minutes		
2:00 pm				Community Donation Class 1hr			
4:00 pm						Yoga (Jan)	
6:00 pm	Jivamukti (Mick) 90 min Beginners 8 week course (Sophie) Starts 13 th Feb	Yoga (Krystle)	Jivamukti (Mick) 90 min	Jivamukti (Mick) 90 min			Yin & yang yoga Krystle 90 min
7:30 pm		Yin Yoga (Krystle)					
7:45 pm	Yoga (Marita) Pre natal yoga (Rachel)		Yoga (Mikela) Beginners 8 week course (Sophie) Starts 22 nd Feb	Yoga (Jan)			

* All classes are 75 minutes unless otherwise specified.