

DAY	TIME	CLASS	LEVEL	DURATION
<b>Monday</b>	6.00 - 7.30pm	lyengar	Level 2 and 3	8 week course
	7.30 - 8.45pm	lyengar	Beginner	8 week course
<b>Tuesday</b>	6.15 - 7.45am	lyengar	Level 2	8 week course
	6.30 - 7.45am	lyengar	Beginner 2	8 week course
	<b>10.00 - 11.15am</b>	<b>lyengar</b>	<b>Beginner</b>	<b>\$15 casual</b>
	4.45 - 6.00pm	lyengar	Beginner	8 week course
	6.00 - 7.30pm	lyengar	Level 2	8 week course
<b>Wednesday</b>	7.30 - 8.45pm	lyengar	Level 1	8 week course
	6.15 - 7.45am	lyengar	Level 1	8 week course
	10.00 - 11.00am	<i>Mums and Bubs</i>	<i>Open</i>	<i>6 week course, casual welcome</i>
	3.45 - 4.45pm	<i>Yoga for Kids</i>	<i>7 - 11 years</i>	<i>10 week course, casual welcome</i>
	5.30 - 6.30pm	Pre-Natal	Open	8 week, casual welcome
<b>Thursday</b>	6.00 - 7.15pm	lyengar	Beginner	8 week course
	7.30 - 8.45pm	lyengar	Beginner 2	8 week course
	<b>10.00 - 11.15am</b>	<b>lyengar</b>	<b>Beginner</b>	<b>\$15 casual</b>
	4.30 - 5.30pm	<i>Yoga for Teens</i>	<i>12 years +</i>	<i>10 week course, casual welcome</i>
	5.00 - 6.00pm	Restorative	Open	8 week, casual welcome
<b>Friday</b>	6.00 - 7.30pm	lyengar	Level 1	8 week course
	7.30 - 9.00pm	lyengar	Level 2	8 week course
<b>Saturday</b>	6.30 - 7.45am	lyengar	Beginner	8 week course
	<b>10.00 - 11.15am</b>	<b>lyengar</b>	<b>Beginner</b>	<b>\$15 casual</b>
<b>Sunday</b>	8.00 - 9.15am	lyengar	Beginner 2	8 week course
	8.30 - 9.45am	lyengar	Beginner	8 week course
	10.15 - 11.15pm	Pre-Natal	Open	8 week, casual welcome
	10.00 - 11.30am	lyengar	Level 1 + 2	8 week course
	<b>3.30 - 5.00pm</b>	<b>lyengar</b>	<b>Open</b>	<b>\$20 casual</b>

# YOGA

DAY	TIME	CLASS	LEVEL	DURATION
<b>Monday</b>	5.30 - 6.30pm	Pilates	Beginner	8 week course
	6.30 - 7.30pm	Pilates	Intermediate	8 week course
	7.30 - 8.30pm	Pilates	Beg/Int	8 week course
<b>Tuesday</b>	5.30 - 6.30pm	Pilates	Beg/Int	8 week course
	6.30 - 7.30pm	Pilates	Beginner	8 week course
	7.30 - 8.30pm	Pilates - Circle & Band	Open	8 week course
<b>Wednesday</b>	<b>12.00 - 1pm</b>	<b>Pilates</b>	<b>Open</b>	<b>\$15 casual</b>
	6.30 - 7.30pm	Pilates	Beginner	8 week course
	7.30 - 8.30pm	Pilates	Int/Adv	8 week course
<b>Thursday</b>	6.30 - 7.30am	<i>Pilates</i>	<i>Beginner</i>	<i>6 week course</i>
	6.30 - 7.30pm	Pilates	Intermediate	8 week course
	7.30 - 8.30pm	Pilates	Beginner	8 week course
<b>Friday</b>	NO CLASSES			
<b>Saturday</b>	9.15 - 10.15am	Pilates	Beginner	8 week course
<b>Sunday</b>	9.00 - 10.00am	Pilates	Intermediate	8 week course
	<b>10.15 - 11.15am</b>	<b>Pilates</b>	<b>Beginner</b>	<b>\$20 casual</b>

# PILATES