

The YogaRoom 2017 Timetable

Most classes are 1 ½ hr duration, unless specified.

Please check our website www.theyogaroom.com.au for timetable changes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early-Morning	7.00am-8.00am		7.00am-8.00am				
	Yoga/Pilates fusion		Yoga/Pilates fusion				
	Pam		Pam				
Morning	9.30am	9.00am	9.00am	9.00am	9.00am	8.30am	9.00am
	Beginners/General	General	Beginners/General	General	General	Intermediate <i>Book-in</i>	General
	Evelyn	Judy	Pam	Judy	Judy	Judy	Stef
Mid-Morning	11.30am-12.30am	11.00am				10.15am	
	**Beginners yoga 6-week program – email to book	Gentle Flow				Beginners/General	
	Evelyn	Conny				Brenda	
Afternoon		3.45pm-4.30pm					
		*Kids Yoga 7-12yrs email to book					
		Natalie					
Early Evening			6.30pm-7.45pm				
			Beginners/General				
			Maxine				
Evening	7.00pm	7.00pm	8.00pm	7.00pm			
	General	General	Restorative & Meditation	Beginners/General			
	Stef	Deb	Conny	Evelyn			
<ul style="list-style-type: none"> * Kids Yoga x 8 Tuesdays. Cost \$112.00 for x 8, or \$20 casual. Please check website for starting date. ** Introduction to Yoga 6-week program Please check website for starting date. ***Teenagers Yoga x6 Fridays. Cost \$110.00 for x6 classes, or drop in for \$20 casual. Please check website for starting date. 							