

YOGA WEST TIMETABLE - FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<u>9am - 10.30am</u> All levels HATHA (Kim)	
<u>10am -11.30am</u> BEGINNERS HATHA (\$14) (Kim)		<u>10am - 11.30am</u> BEGINNERS HATHA (\$14) (Kim)				<u>10am - 11.30am</u> All Levels HATHA (Kim)
					<u>11am - 12.30pm</u> PRE-NATAL (Kim)	
		<u>12.30pm-1.30pm</u> HATHA (\$14) (Kim)				
<u>6pm - 7.15pm</u> Heart Popping Vinyasa (Spring)	<u>6pm -7.15pm</u> Beginners Foundation Course (Kim)	<u>6.30pm-7:45pm</u> All levels Hatha (Kim)	<u>6:00pm- 7:15pm</u> Beginners Course starting 2 nd February (Kaye)	<u>6pm-7:15pm</u> All levels (Kaye)		
<u>7.30 - 8:45pm</u> All levels HATHA (Kim)	<u>7:30 - 8:30pm</u> Gentle Flow & Restore Yoga (Katie)		<u>7:30pm - 9pm</u> Ashtanga (Vicki)			

***RESTORATIVE CLASS last Wednesday 10am (29th Feb) and Friday 6pm (24th Feb) for this month.

YOGA WEST TIMETABLE - FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<u>9am - 10.30am</u> All levels HATHA (Kim)	
<u>10am -11.30am</u> BEGINNERS HATHA (\$14) (Kim)		<u>10am - 11.30am</u> BEGINNERS HATHA (\$14) (Kim)				<u>10am - 11.30am</u> All Levels HATHA (Kim)
					<u>11am - 12.30pm</u> PRE-NATAL (Kim)	
		<u>12.30pm-1.30pm</u> HATHA (\$14) (Kim)				
<u>6pm - 7.15pm</u> Heart Popping Vinyasa (Spring)	<u>6pm -7.15pm</u> Beginners Foundation Course (Kim)	<u>6.30pm-7:45pm</u> All levels Hatha (Kim)	<u>6:00pm- 7:15pm</u> Beginners Course starting 2 nd February (Kaye)	<u>6pm-7:15pm</u> All levels (Kaye)		
<u>7.30 - 8:45pm</u> All levels HATHA (Kim)	<u>7:30 - 8:30pm</u> Gentle Flow & Restore Yoga (Katie)		<u>7:30pm - 9pm</u> Ashtanga (Vicki)			

***RESTORATIVE CLASS last Wednesday 10am (29th Feb) and Friday 6pm (24th Feb) for this month.