

YOGA WEST TIMETABLE - SEPTEMBER 2010

*****New BEGINNERS BASICS COURSE commencing Tuesday SEPTEMBER 28th 6.30pm*****

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
					<u>9am - 10.30am</u> BEGINNERS HATHA (Janet)	
<u>10am - 11.30am</u> BEGINNERS HATHA (\$14) (Phillip)	<u>10am - 11.30am</u> MUMS & BUBS POST NATAL YOGA (\$14) (Janet)	<u>10am - 11.30am</u> **BEGINNERS HATHA (\$14) (Janet)				<u>10am - 11.30am</u> BEGINNERS HATHA (Vicki)
					<u>11am - 12.30pm</u> PRE-NATAL (Janet)	
		<u>12.30pm-1.30pm</u> HATHA (\$14) (Janet)				
<u>6pm - 7.30pm</u> GENERAL HATHA (Janet)	<u>6.30pm to 7.40pm</u> BEGINNERS BASICS COURSE HATHA (Phillip)	<u>6.30pm - 7.55pm</u> BEGINNERS HATHA (Janet)		<u>6pm - 7.30pm</u> **GENERAL HATHA (Janet)		
<u>7.30pm - 9pm</u> BEGINNERS HATHA (Janet)	<u>7.45pm tp 9.15pm</u> GENERAL HATHA (Vicki)		<u>7.30pm-9pm</u> ASHTANGA (Vicki))			

*****ALL CLASSES ARE CASUAL EXCEPT PRE-BOOKED COURSES*****

*****RESTORATIVE CLASS last Wednesday 10am and Friday 6pm of each month**