

YOGA WEST TIMETABLE - MARCH 2010

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
					9am - 10.30am BEGINNERS HATHA (Janet)	
10am - 11.30am BEGINNERS HATHA (\$14) (Phillip)	10am - 11am MUMS & BUBS YOGA CLASS (\$14) (Janet))	10am - 11.30am **BEGINNERS HATHA (\$14) (Janet)	10am - 11.30am REMEDIAL/ SPECIAL NEEDS (\$18.50) (Phillip)			10am - 11.30am BEGINNERS HATHA (Vicki)
					11am - 12.30pm PRE-NATAL (Janet)	
12.30pm-1.30pm HATHA (\$14) (Phillip)		12.30pm-1.30pm HATHA (\$14) (Janet)				
6pm - 7.30pm MIXED LEVEL HATHA (Janet)	6pm to 7.25pm BEGINNERS HATHA COURSE (6 week course) (Phillip)	6.30pm - 7.55pm BEGINNERS HATHA (Phillip)	6.15pm - 7.30pm BEGINNERS HATHA COURSE (6 week course) (Vicki)	6pm - 7.30pm **MIXED LEVEL HATHA (Janet)		
7.30pm - 9pm BEGINNERS HATHA (Janet)	7.30pm tp 9pm MIXED LEVEL HATHA (Vicki)	8pm - 9.15pm BEGINNERS HATHA COURSE (6 week course) (Phillip)	7.30pm-9pm ASHTANGA (Vicki))			

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

*****RESTORATIVE CLASS last Wednesday 10am and Friday 6pm of each month
NEXT COURSES COMMENCE: Tues 16th, Wed 10th & Thurs 11th March 2010**