

YOGA WEST TIMETABLE - SEPTEMBER 2009

<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 (\$13) (Phillip)	<u>10am - 11.30am</u> BEGINNERS HATHA (\$13) (Janet))	<u>10am - 11.30am</u> **BEGINNERS HATHA (\$13) (Janet)	<u>10am - 11.30am</u> REMEDIAL/ SPECIAL NEEDS (Phillip)			<u>10am - 11.30am</u> BEGINNERS HATHA (Vicki)
					<u>11am - 12.30pm</u> PRE-NATAL (Janet)	
<u>12.30pm-1.30pm</u> HATHA (\$13) (Janet)		<u>12.30pm-1.30pm</u> HATHA (\$13) (Janet)				
<u>6pm - 7.30pm</u> MIXED LEVEL HATHA (Janet)	<u>6pm to 7.25pm</u> BEGINNERS HATHA FOUNDATION (8 week course) (Phillip)	<u>6.30pm to 8pm</u> BEGINNERS HATHA LEVEL 1 (8 week course) (Phillip)	<u>6pm - 7pm</u> PILATES/ CORE STRENGTH (Catherine)	<u>6pm - 7.30pm</u> **MIXED LEVEL HATHA (Janet)		
<u>7.30pm - 9pm</u> BEGINNERS HATHA (Janet)	<u>7.30pm tp 9pm</u> BEGINNERS HATHA (Vicki)		<u>7.15pm-8.45pm</u> ASHTANGA (Vicki))			

**\*\*BEGINNERS HATHA FOUNDATION YOGA COURSE\*\*:**

*Commencing Tuesday 8<sup>th</sup> September 6pm*

**\*\*BEGINNERS HATHA LEVEL 1 COURSE\*\***

*Commencing Tuesday 9<sup>th</sup> September 6.30pm*

**\*\*HOMEOPATHIC FIRST AID COURSE FOR THE PUBLIC\*\***

*Saturdays 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> September*

**NOTE:** The Mixed Level classes are for Beginners who have previously attended some classes AND regular students with more experience.

**ALL CLASSES ARE CASUAL EXCEPT FOR TUESDAY EVENING COURSE**