

Spring 2018

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Yoga Timetable

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am	Foundations 2 Alana	Namastrong Lea	Foundations 2 Alana	Namastrong Lea	5:45-7:15 Intermediate 3 Alana	Advanced 4 Claire	
7:00am						Namastrong Lea	
8:15am			Beginners 1 Sophie		Beginners 1 Claire	Foundations 2 Sophie	
9:30am	Foundations 2 Sophie	Restorative Cindra	Foundations 2 Claire	Intermediate 3 Claire	Foundations 2 Claire		
10:00am				Pilates Kel			
4:00pm	Foundations 2 Claire			Foundations 2 Carlie	Namastrong Lea		Foundations 2 Claire/Carlie
5:15pm	Pilates Kel	Foundations 2 Claire	Foundations 2 Carlie		Foundations 2 Lea		
5:30pm	Beginners 1 Lea	Pilates Kel	Bun in the Oven Sophie	Restorative Carlie			
6:30pm	Restorative Lea	Intermediate 3 Claire	Pilates Kel	Beginners 1 Carlie			

CLASS LOCATION: THE JOGISHALA THE BAMBOO STUDIO

health & vitality, for life...

Physiotherapy • Massage • Yoga • Personal Training • Holistic Lifestyle Coaching



