Studio Sessions Timetable 2022

Bookings essential

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| Monday | 5.30 – 7pm | Yoga |
| Tuesday | 9.30 – 11am | Yoga |
| Tuesday | 1.30 – 3pm | Gentle Yoga – suitable for beginners or those who want a gentler, slow practice. |
| Tuesday | 5.30 – 7pm | Yoga for Pregnancy & Birth (on demand) |
| Wednesday | 9.30 – 11am | Gentle Yoga – suitable for beginners or those who want a gentler, slow practice. |
| Wednesday | 6 – 7.30pm | Yoga |
| Thursday | 9.30 – 11am | Yoga |
| Thursday | 3.30 – 4.45pm | Community yoga @ Encounter Centre  bookings through Encounter Centre 8552 2995 |
| 2nd Saturday of the Month  (Chk dates as this sometimes changes) | 10.am – 12pm | Restorative Yoga |
| 4th Saturday of the Month  (Chk dates as this sometimes changes) | 10am – 12pm | Yin Yoga |

* Pregnancy Yoga is dependent on demand – minimum of 3 people maximum 6 people.
* Restorative Yoga limited to 5 people per class.

Please contact me if you are interested or if you have friends who may be interested and we can organise a class for you.

* Bookings essential for all classes as space is limited.