


| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--------------------|------------------------------------|------------------------------|------------------------------|----------------------------------|--|----------------------------|---|------------------------------|
| am | 6.30am Level 1 Led Practice* | 6.00am Level 1 Amanda | 6.00am Level 2 David | 6.45am INTRO Harriet | 6.00am Level 2 Led Practice* | 7.00am Level 2 David | 6.45am Teachers Backbends Practice* | |
| | 10.00am Level 1 Candace | 10.00am Level 3 Amanda | 10.00am Level 1 David | 10.00am Level 2 Candace | 10.00am INTRO David | 9.00am Level 1 David | 9.00am PRANAYAMA Amanda | |
| Term 3 2019 | | | | | | | 10.45am INTRO Candace | 10.00am Level 2 Amanda |
| pm | 1.30pm Bridging Amanda | | 1.00pm 50+/Intro David | | | | 12.00pm Level 1 Amanda | |
| | 5.30pm Level 1 Amanda | 5.30pm Level 1 David | 5.30pm INTRO Amanda | 5.30pm Level 1 David |  HAMILTON YOGA Iyengar yoga school hamiltonyoga.com.au 21 Steel St Hamilton 2303 4906 2150 info@hamiltonyoga.com.au | | 4.00pm INTRO Harriet | |
| | 7.00pm Level 2 Amanda | 7.15pm INTRO David | 7.00pm Level 1 Amanda | 7.15pm Level 2 Intro David | | | 5.30pm Level 1 Harriet | |