



'INTRODUCTION TO YOGA'

UNLIMITED 10-WEEK COURSES

Term 1 Courses Start Feb 4 2020

Tuesday	7.15 - 8:30pm
Wednesday	1.00 - 2.15pm (Gentle/ 50+)
Wednesday	5.30 - 6.45pm
Thursday	6.30 – 7.45am
Friday	10.00 - 11.15am
Saturday	10.45 -12.00pm
Sunday	4.00 - 5.15pm

Attend a minimum of one Intro level class a week, and the maximum is **unlimited...**  
attend as often as you like!