

LIVESTREAM March 23rd - 29th 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		6.00am Level 1 Candace				7.00am Level 2 David	
	10.00am Level 1 Candace	10.00am Level 2 & 3 Amanda	10.00am Level 1 & 2 David	10.00am Level 1 & 2 Candace	10.00am INTRO David	9.00am Level 1 David	9.00am PRANAYAMA Amanda
	<p>UNLIMITED – LIVESTREAM CLASSES FOR \$18 PER WEEK MEMBERSHIP Sign up on-line, and book in for your live ZOOM sessions. Max 15 students per session.</p>					10.45am INTRO Candace	10.00am Level 2 Amanda
pm		3.45pm KIDS YOGA* Harriet	1.00pm 50+/Intro David				12.00pm Level 1 Amanda
	5.30pm Level 1 & 2 Amanda	5.30pm Level 1 & 2 David	5.30pm INTRO Amanda	6.00pm Level 1 & 2 David			4.00pm INTRO Harriet
		7.15pm INTRO David	7.00pm Level 1 & 2 Amanda				5.30pm Level 1 Harriet

We are trialling this timetable for one week, so please join up and jump into your favourite times or make a request.

Mats are available for purchase, and props for loan at the studio. Get in before the lock-down!

Kids Yoga will run by demand only. FINANCIAL HARDSHIP POLICY – Please contact us to arrange a reduced rate.