

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	6.30am Level 1 Led Practice*	6.00am Level 1 Candace	6.00am Level 2 David	6.00am Teacher Training	6.00am Level 2 Led Practice*	7.00am Level 2 David	6.30am Backbends Practice
	10.00am Level 1 Candace	10.00am Level 3 Amanda	10.00am Level 1 David	10.00am Level 1 & 2 Candace	10.00am Beginners David	9.00am Level 1 David	9.00am Pranayama Amanda
						11.00am Beginners Candace	10.00am Level 2 Amanda
pm	1.30pm Bridge Amanda	3.45pm** Kids Yoga Harriet	12.00pm Gentle Beginners David				12.00pm Level 1 Amanda
	5.30pm Level 1 & 2 Amanda	5.30pm Level 1 David	5.30pm Beginners Amanda	6.00pm Level 1 & 2 David			4.00pm Beginners Harriet
	7.30pm Beginners Amanda	7.30pm Beginners David	7.00pm Level 1 Amanda				5.30pm Level 1 Harriet

# TERM 1 2021 25 Jan – 4 April



hamiltonyoga.com.au  
4906 2150

21 Steel St Hamilton 2303  
info@hamiltonyoga.com.au

\*Only available through reception for those with Membership / Regular attendance \*\*Kids Yoga starts Feb 2nd