

MON	CLASS	TRAINER	LOCATION
4:45pm - 5:45pm	Gentle Yoga	Vivek	St Lucia
6:15 pm - 7:15 pm	Intermediate Yoga		Seventeen Mile Rocks
7:30 pm - 8:45 pm	Beginners Yoga Course		Seventeen Mile Rocks
TUE	CLASS	TRAINER	LOCATION
5.00 - 6.30 pm	Gentle Yoga	Vivek	St Lucia
7.30 - 8.45 pm	Gentle Yoga		Seventeen Mile Rocks
WED	CLASS	TRAINER	LOCATION
4:15 pm - 5:30 pm	Gentle Yoga	Vivek	Fig Tree Pocket
7:00 pm - 8:45 pm	Gentle Yoga	Thia	Seventeen Mile Rocks
THU	CLASS	TRAINER	LOCATION
6:15 pm - 7:15 pm	Basics and Beyond	Emma	Seventeen Mile Rocks
7:30 pm - 8:30 pm		Thia	Seventeen Mile Rocks
FRI	CLASS	TRAINER	LOCATION
9:30 am - 10:45am	Gentle Yoga		Seventeen Mile Rocks
4:00 pm - 4:40 pm	Kids Yoga (senior yogis)	Vivek	Seventeen Mile Rocks
4:45 pm - 5:25 pm	Bollywood Dancing	Fizza	Seventeen Mile Rocks
5:30 pm - 7:00 pm	Gentle Yoga		Seventeen Mile Rocks
7:30 pm - 8:45 pm	Beginners Course	Thia	Seventeen Mile Rocks
SAT	CLASS	TRAINER	LOCATION
8:30 am - 9:45 am	Power Yoga	Vivek	Seventeen Mile Rocks