

MANLY TIMETABLE JANUARY - JUNE 2019

Gentle

Moderate

Strong

Pilates

Yin Yoga

Pre-Natal

NEW CLASS

COURSE

Class times are subject to change.

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|--|---|---|--|---|--|--|--|
| | Dynamic Yoga Shannon 6.00 - 7.15am SURYA STUDIO | Dynamic Yoga Alice 6.00 - 7.15am SURYA STUDIO | Mysore Kane Anytime between 5.00 - 8.00am CHANDRA STUDIO | Dynamic Yoga Alice 6.00 - 7.15am SURYA STUDIO | Mysore Kane 6.00 - 7.30am SURYA STUDIO | Hatha Yoga Andrena 7.00 - 8.30am CHANDRA STUDIO |  QI Health & Yoga |
| | Hatha Yoga Alice 7.30 - 8.30am SURYA STUDIO | Hatha Yoga Alice 7.30 - 8.30am SURYA STUDIO | Hatha Yoga Morgan 7.30 - 8.30am SURYA STUDIO | Hatha Yoga Tracy 7.30 - 8.30am SURYA STUDIO | Hatha Yoga Charlotte 7.30 - 8.30am SURYA STUDIO | Pilates Carmen 7.45 - 8.45pm SURYA STUDIO | |
| | Hatha Yoga Alice 9.00 - 10.30am SURYA STUDIO | Yin Yoga Alice 9.15 - 10.30am SURYA STUDIO | Yin Yoga Morgan 9.00 - 10.30am SURYA STUDIO | Yin Yoga Tracy 9.00am - 10.30am CHANDRA STUDIO | Hatha Yoga Jess 9.00 - 10.15am SURYA STUDIO | Ashtanga Yoga Ana Luna 9.00 - 10.30am SURYA STUDIO | Kundalini Yoga Rob/Aline 8.30 - 10.00am SURYA STUDIO |
| | Dru Yoga Mary-Louise 9.30 - 11.00am CHANDRA STUDIO | Hatha Yoga Stephanie 9.00 - 10.15am CHANDRA STUDIO | Dynamic Hatha Jess 9.15 - 10.30am CHANDRA STUDIO | Pilates Oriana 9.15 - 10.15am SURYA STUDIO | Yin Yoga Josie 9.15 - 10.30am CHANDRA STUDIO | Hatha Yoga Shannon 9.15am - 10.45am CHANDRA STUDIO | |
| | Hatha Yoga Mark 10.30am - 12.00pm SURYA STUDIO | Hatha Yoga Mark 10.30am - 12.15pm SURYA STUDIO | Yoga for Stress Reduction Melinda 10.30am - 12.00pm SURYA STUDIO | Hatha Yoga Sarah 10.30am - 12.00pm SURYA STUDIO | Hatha Yoga Alice 10.30am - 12.00pm CHANDRA STUDIO | Ashtanga Yoga Marcela 10.30am - 12.00pm SURYA STUDIO | Hatha Yoga Stephanie 10.30am - 12.00pm SURYA STUDIO |
| | Meditation Marko \$12 class 12.15 - 1.00pm CHANDRA STUDIO | Yin Yoga Sarah 12.30 - 1.45pm CHANDRA STUDIO | Yin Yoga Josie 12.15 - 1.30pm CHANDRA STUDIO | Ashtanga Yoga Stephanie 12.15 - 1.15pm SURYA STUDIO | Pilates Carmen 10.45 - 11.45am SURYA STUDIO | Pilates Carmen 11.00am - 12.00pm CHANDRA STUDIO | Yin Yoga Sarah 12.30 - 1.45pm SURYA STUDIO |
| | Vinyasa Flow Celeste 12.30 - 1.30pm SURYA STUDIO | Ashtanga Yoga Stephanie 12.30 - 1.30pm SURYA STUDIO | Hatha Yoga Jess 12.30 - 1.30pm SURYA STUDIO | Yin Yoga Morgan 12.30 - 1.30pm CHANDRA STUDIO | Yoga for Stress Reduction Melinda 12.30 - 1.45pm SURYA STUDIO | Yin Yoga Shannon 12.15 - 1.30pm SURYA STUDIO | |
| | Vinyasa Flow Stephanie 5.00 - 6.15pm SURYA STUDIO | Yin Yoga Alice 5.00 - 6.15pm SURYA STUDIO | Yin Yoga Charlotte 5.00 - 6.00pm CHANDRA STUDIO | Yin Yoga Sarah 5.00 - 6.15pm SURYA STUDIO | Yoga/Pilates Tracy 5.00 - 6.15pm SURYA STUDIO | Restful Yoga Mary-Louise 12.15 - 1.30pm CHANDRA STUDIO | |
| | Hatha Yoga Phoebe 5.00 - 6.00pm SURYA STUDIO | Hatha Yoga Lisa 5.00 - 6.00pm CHANDRA STUDIO | Hatha Yoga Tracy 5.00 - 6.15pm SURYA STUDIO | Hatha Yoga Emily 5.00 - 6.00pm CHANDRA STUDIO | Hatha Yoga Jess 5.00 - 6.15pm CHANDRA STUDIO | Hatha Yoga Shannon 2.00 - 3.15pm SURYA STUDIO | Ashtanga Yoga Emily 4.30 - 5.45pm Intermediate SURYA STUDIO |
| | Gentle Yoga Phoebe 6.15 - 7.30pm SURYA STUDIO | Yin Yoga Alice 6.15 - 7.30pm CHANDRA STUDIO | Yin Yoga Alice 6.00 - 7.15pm CHANDRA STUDIO | Pilates Oriana 6.00 - 7.00pm CHANDRA STUDIO | Yin Yoga Josie 6.15 - 7.30pm SURYA STUDIO | Pilates Constantina 4.00 - 5.00pm SURYA STUDIO | Yin Yoga Eriika 6.00 - 7.15pm SURYA STUDIO |
| | Pilates Sharon 6.30 - 7.30pm CHANDRA STUDIO | Yoga/Pilates Tracy 6.30 - 7.30pm SURYA STUDIO | Pilates Sharon 6.30 - 7.30pm SURYA STUDIO | Hatha Yoga Sarah 6.15 - 7.30pm SURYA STUDIO |  | | |
| | Meditation Course Stephen 7.30 - 9.15pm 5 wk course Dates at www.qioga.net | Kundalini Yoga Aline 7.45 - 9.00pm CHANDRA STUDIO | Yin Yoga Josie 7.45 - 9.00pm SURYA STUDIO | Kundalini Yoga Rob/Aline 7.15 - 8.30pm CHANDRA STUDIO | | | |
| | Yin Yoga Phoebe 7.45 - 9.00pm SURYA STUDIO | Yin Yoga Sarah 7.45 - 9.00pm SURYA STUDIO | Gentle Hatha Yoga Marcela 7.30 - 8.45pm CHANDRA STUDIO | Yin Yoga Marcela 7.45 - 9.00pm SURYA STUDIO | | | |

FRESHWATER TIMETABLE JANUARY - JUNE 2019

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|--|---|--|---|---|---|--|--|
| | Hatha Yoga Morgan 6.00 - 7.15am | Hatha Yoga Celeste 6.00 - 7.15am | Hatha Yoga Celeste 6.00 - 7.15am | Hatha Yoga Eliza 6.00 - 7.15am | Hatha Yoga Morgan 6.00 - 7.15am | | |
| | Hatha Yoga Morgan 7.30 - 8.30am | Over 55's Yoga Veronica 8.00 - 9.00am | Hatha Yoga Lisa 7.30 - 8.30am | Hatha Yoga Eliza 7.30 - 8.30am | Hatha Yoga Morgan 7.30 - 8.30am | Hatha Yoga Celeste 7.00 - 8.15am | Next Yoga Teacher |
| | Pilates Oriana 9.15 - 10.15am | Pilates Oriana 9.15 - 10.15am | Yin/Yang Yoga Josie 9.15 - 10.30am | Hatha Yoga Morgan 9.15 - 10.30am | Yin Yoga Cora 9.15 - 10.30am | Ashtanga Yoga Kane 8.30 - 10.00am | Training Course |
| | Restful Yoga Shannon 10.30am - 12.00pm | Hatha Yoga Eliza 10.30am - 12.00pm | Dru Yoga Mary-Louise 10.30am - 12.00pm | Hatha Yoga Shannon 10.30am - 12.00pm | Hatha Yoga Mark 10.30am - 12.00pm | Pre-Natal Yoga Mary-Louise 10.15am - 11.45pm | 420 hours part-time 10.00am - 4.15pm |
| | Yin Yoga Shannon 12.30 - 1.30pm | Yin Yoga Phoebe 12.30 - 1.30pm | Yin Yoga Phoebe 12.30 - 1.30pm | Yin Yoga Phoebe 12.30 - 1.30pm | Yin Yoga Tracy 12.30 - 1.30pm | Hatha Yoga Josie 12.00 - 1.30pm | STARTS February 2019 |
| | | | | | | | Hatha Yoga Student Teacher 4.30 - 5.30pm \$10 |
| | Yin Yoga Morgan 5.00 - 6.15pm | Yin Yoga Charlotte 5.00 - 6.15pm | Yin Yoga Morgan 5.00 - 6.00pm | Yin Yoga Phoebe 5.00 - 6.15pm | Restful Yoga Mary-Louise 5.00 - 6.15pm |  | |
| | Ashtanga Yoga Kane 6.15 - 7.30pm | Ashtanga Yoga Alana 6.15 - 7.30pm | Pre-Natal Yoga Mary-Louise 6.00 - 7.30pm | Hatha Yoga Phoebe 6.15 - 7.30pm | | | |
| | Yin Yoga Josie 7.30 - 9.00pm | Hatha Yoga Lisa 7.30 - 9.00pm | Yin Yoga Charlotte 7.45 - 9.00pm | Pilates Tracy 7.30 - 8.30pm | | | |