

MANLY TIMETABLE JULY - DECEMBER 2017

Gentle

Moderate

Strong

Pilates

Yoga/Pilates

Pre-Natal

Meditation

NEW CLASS

COURSE

Class times are subject to change.

MON	TUES	WED	THURS	FRI	SAT	SUN
Mysore Sam 6.00 - 7.30am SURYA STUDIO	Dynamic Yoga Alice 6.00 - 7.15am SURYA STUDIO	Mysore Maurice Anytime between 5.00 - 8.00am SURYA STUDIO	Dynamic Yoga Ali 6.00 - 7.15am SURYA STUDIO	Mysore Sam 6.00 - 7.30am SURYA STUDIO	Hatha Yoga Carolina 7.00 - 8.30am CHANDRA STUDIO	 Qi Health & Yoga
Sunrise Yoga Carolina 7.30 - 8.30am SURYA STUDIO	Sunrise Yoga Alice 7.30 - 8.30am SURYA STUDIO	Sunrise Yoga Carolina 7.30 - 8.30am SURYA STUDIO	Sunrise Yoga Tracy 7.30 - 8.30am SURYA STUDIO	Sunrise Yoga Carolina 7.30 - 8.30am SURYA STUDIO	Pilates Carmen 7.45 - 8.45pm SURYA STUDIO	
Hatha Yoga Alice 9.00 - 10.30am SURYA STUDIO	Hatha Yoga Julie 9.00 - 10.15am SURYA STUDIO	Hatha Yoga Kylie 9.00 - 10.30am SURYA STUDIO	Hatha Yoga Mark 9.00am - 10.30am CHANDRA STUDIO	Hatha Yoga Jess 9.00 - 10.15am SURYA STUDIO	Ashtanga Yoga Sam 9.00 - 10.30am SURYA STUDIO	Kundalini Yoga Stan 8.30 - 10.00am SURYA STUDIO
Dru Yoga Mary-Louise 10.00 - 11.30am CHANDRA STUDIO	Yin Yoga Carolina 9.15 - 10.30am CHANDRA STUDIO	Vinyasa Flow Jess 9.15 - 10.30am CHANDRA STUDIO	Pilates Oriana 9.15 - 10.15am SURYA STUDIO	Yin/Yang Yoga Julie 9.15 - 10.30am CHANDRA STUDIO	Hatha Yoga Carolina 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	Yin Yoga Carolina 10.30am - 12.00pm SURYA STUDIO	Pilates Carmen 10.45 - 11.45am SURYA STUDIO	Ashtanga Yoga Sam 10.30am - 12.00pm SURYA STUDIO	Hatha Yoga Stephanie 10.30am - 12.00pm SURYA STUDIO
Meditation Stephen \$12 class 12.15 - 1.00pm CHANDRA STUDIO	Yoga for Stress Reduction Kylie 12.30 - 1.45pm CHANDRA STUDIO	Yin Yoga Sarah 12.15 - 1.30am CHANDRA STUDIO	Ashtanga Yoga Maurice 12.15 - 1.30pm CHANDRA STUDIO	Hatha Yoga Ali 10.30am - 12.00pm CHANDRA STUDIO	Pilates Carmen 11.00 - 12.00pm CHANDRA STUDIO	Restful Yoga Kylie 12.30 - 1.45pm SURYA STUDIO
Vinyasa Flow Celeste 12.30 - 1.30pm SURYA STUDIO	Ashtanga Yoga Sam 12.30 - 1.30pm SURYA STUDIO	Hatha Yoga Jess 12.30 - 1.45pm SURYA STUDIO	Hatha Yoga Morgan 12.30 - 1.30pm SURYA STUDIO	Yoga for Stress Reduction Melinda 12.30 - 1.45pm SURYA STUDIO	Yin Yoga Sarah 12.15 - 1.30pm SURYA STUDIO	
Vinyasa Flow Stephanie 5.00 - 6.15pm SURYA STUDIO	Yin Yoga Alice 5.00 - 6.15pm SURYA STUDIO	Hatha Yoga Alice 5.00 - 6.15pm SURYA STUDIO	Yin Yoga Carolina 5.00 - 6.15pm SURYA STUDIO	Hatha Yoga Jess 5.00 - 6.15pm SURYA STUDIO	Restful Yoga Maurice 12.15 - 1.30pm CHANDRA STUDIO	Simply Meditation Sanja 4.30 - 5.30pm CHANDRA STUDIO
Hatha Yoga Pheobe 5.00 - 6.15pm CHANDRA STUDIO	Hatha Yoga Julie 5.00 - 6.15pm CHANDRA STUDIO	Yoga Nidra Shailla 5.00 - 6.00pm CHANDRA STUDIO	Hatha Yoga Charlotte 5.00 - 6.00pm CHANDRA STUDIO	Yoga/Pilates Tracy 5.00 - 6.15pm CHANDRA STUDIO	Hatha Yoga Maurice 2.00 - 3.15pm SURYA STUDIO	Ashtanga Yoga Sam 4.30 - 5.45pm Intermediate SURYA STUDIO
Gentle Yoga Kristy 6.15 - 7.30pm CHANDRA STUDIO	Yin Yoga Amanda 6.15 - 7.30pm SURYA STUDIO	Yin Yoga Cait 6.00 - 7.15pm CHANDRA STUDIO	Pilates Oriana 6.00 - 7.00pm CHANDRA STUDIO	Yin Yoga Ali 6.15 - 7.30pm SURYA STUDIO	Pilates Constantina 4.00 - 5.00pm SURYA STUDIO	Yin Yoga Eriika 6.00 - 7.15pm SURYA STUDIO
Pilates Carmen 6.30 - 7.30pm SURYA STUDIO	Yoga/Pilates Tracy 6.30 - 7.30pm CHANDRA STUDIO	Pilates Oriana 6.30 - 7.30pm SURYA STUDIO	Hatha Yoga Maurice 6.15 - 7.30pm SURYA STUDIO			
Meditation Course Stephen 7.30 - 9.15pm 5 wk course 26/6 - 24/7, 31/7 - 28/8 4/9 - 2/10, 9/10 - 6/11 13/11 - 11/12	Pre-Natal Yoga Mary Louise 7.30 - 8.45pm SURYA STUDIO	Yin Yoga Philli 7.45 - 9.00pm SURYA STUDIO	Kundalini Yoga Stan 7.15 - 8.30pm CHANDRA STUDIO			
Yin Yoga Phoebe 7.45 - 9.00pm SURYA STUDIO	Hatha Yoga Kane 7.45 - 9.00pm CHANDRA STUDIO	Hatha Yoga Sam 7.30 - 8.45pm CHANDRA STUDIO	Restful Yoga Maurice 7.45 - 9.00pm SURYA STUDIO			

FRESHWATER TIMETABLE JULY - DECEMBER 2017

MON	TUES	WED	THURS	FRI	SAT	SUN
Hatha Yoga Morgan 6.00 - 7.15am	Hatha Yoga Julie 6.00 - 7.15am	Hatha Yoga Morgan 6.00 - 7.15am	Hatha Yoga Julie 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 Morgan 7.30 - 8.30am	Over 55's Yoga Veronica 8.00 - 9.00am	Hatha Yoga Morgan 7.30 - 8.30am	Hatha Yoga Julie 7.00 - 8.15am	Yoga Teacher Training Course
Pilates Oriana 9.15 - 10.15am	Pilates Oriana 9.15 - 10.15am	Yin/Yang Yoga Julie 9.15 - 10.30am	Hatha Yoga Morgan 9.15 - 10.30am	Yin Yoga Cora 9.15 - 10.30am	Ashtanga Yoga Maurice 8.30 - 10.00am	
Restful Yoga Kylie 10.30am - 12.00pm	Pre-Natal Yoga Mari 10.30am - 12.00pm	Dru Yoga Mary-Louise 10.30am - 12.00pm	Hatha Yoga Kylie 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 Carolina 12.30 - 1.30pm	Yin Yoga Carolina 12.30 - 1.30pm	Yin Yoga Phoebe 12.30 - 1.30pm	Yin Yoga Phoebe 12.30 - 1.30pm	Pilates Tracy 12.30 - 1.30pm	Hatha Yoga Kylie 12.00 - 1.30pm	
			Yoga for Kids 5 - 8 yrs 3.45 - 4.30pm			Hatha Yoga Student Teacher 4.30 - 5.30pm \$10
Yin Yoga Morgan 5.00 - 6.15pm	Hatha Yoga Carolina 5.00 - 6.15pm	Yin Yoga Morgan 5.00 - 6.00pm	Dynamic Hatha Stephanie 5.00 - 6.15pm	Restful Yoga Mary-Louise 5.00 - 6.15pm		
Ashtanga Yoga Maurice 6.15 - 7.30pm	Ashtanga Yoga Sam 6.15 - 7.30pm	Pre-Natal Yoga Mary-Louise 6.00 - 7.30pm	Hatha Yoga Kylie 6.15 - 7.30pm			
Yin/Yang Yoga Julie 7.30 - 9.00pm	Foundation Courses 6 weeks 7.45 - 8.45pm Dates at www.qioga.net	Hatha Yoga Phoebe 7.30 - 9.00pm	Pilates Tracy 7.30 - 8.30pm			