

# MANLY TIMETABLE JULY - DECEMBER 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
			<b>Mysore Kane</b> Anytime between 5.00 - 8.00am CHANDRA STUDIO	<b>Dynamic Yoga Naomi</b> 6.00 - 7.15am SURYA STUDIO	<b>Mysore Kane</b> 6.00 - 7.30am SURYA STUDIO	<b>Hatha Yoga Andrena</b> 7.00 - 8.30am CHANDRA STUDIO	 <p>QI Health &amp; Yoga</p>
	<b>Hatha Yoga Alice</b> 7.30 - 8.30am SURYA STUDIO	<b>Hatha Yoga Alice</b> 7.30 - 8.30am SURYA STUDIO	<b>Hatha Yoga Morgan</b> 7.30 - 8.30am SURYA STUDIO	<b>Hatha Yoga Tracy</b> 7.30 - 8.30am SURYA STUDIO	<b>Hatha Yoga Charlotte</b> 7.30 - 8.30am SURYA STUDIO	<b>Pilates Carmen</b> 7.45 - 8.45pm SURYA STUDIO	
	<b>Hatha Yoga Alice</b> 9.00 - 10.30am CHANDRA STUDIO	<b>Hatha Yoga Stephanie</b> 9.00 - 10.15am CHANDRA STUDIO	<b>Yin Yoga Morgan</b> 9.00 - 10.30am SURYA STUDIO	<b>Yin Yoga Tracy</b> 9.00am - 10.30am CHANDRA STUDIO	<b>Hatha Yoga Stephanie</b> 9.00 - 10.15am SURYA STUDIO	<b>Ashtanga Yoga Ana Luna</b> 9.00 - 10.30am CHANDRA STUDIO	<b>Kundalini Yoga Rob/Aline</b> 8.30 - 10.00am SURYA STUDIO
	<b>Dru Yoga Mary-Louise</b> 9.30 - 11.00am CHANDRA STUDIO	<b>Yin Yoga Alice</b> 9.15 - 10.30am SURYA STUDIO	<b>Dynamic Hatha Eliza</b> 9.15 - 10.30am CHANDRA STUDIO	<b>Pilates Oriana</b> 9.15 - 10.15am SURYA STUDIO	<b>Yin Yoga Josie</b> 9.15 - 10.30am CHANDRA STUDIO	<b>Hatha Yoga Shannon</b> 9.15am - 10.45am SURYA STUDIO	
	<b>Hatha Yoga Mark</b> 10.30am - 12.00pm SURYA STUDIO	<b>Hatha Yoga Mark</b> 10.30am - 12.15pm SURYA STUDIO	<b>Yoga for Stress Reduction Melinda</b> 10.30am - 12.00pm SURYA STUDIO	<b>Hatha Yoga Sarah</b> 10.30am - 12.00pm SURYA STUDIO	<b>Hatha Yoga Alice</b> 10.30am - 12.00pm CHANDRA STUDIO	<b>Ashtanga Yoga Marcela</b> 10.30am - 12.00pm CHANDRA STUDIO	<b>Hatha Yoga Stephanie</b> 10.30am - 12.00pm SURYA STUDIO
	<b>Meditation Marko</b> \$12 class 12.15 - 1.00pm CHANDRA STUDIO	<b>Gentle Hatha Yoga Shaila</b> 12.30 - 1.45pm CHANDRA STUDIO	<b>Yin Yoga Josie</b> 12.15 - 1.30pm CHANDRA STUDIO	<b>Ashtanga Yoga Stephanie</b> 12.15 - 1.15pm SURYA STUDIO	<b>Pilates Carmen</b> 10.45 - 11.45am SURYA STUDIO	<b>Pilates Carmen</b> 11.00am - 12.00pm SURYA STUDIO	<b>Yin Yoga Sarah</b> 12.30 - 1.45pm SURYA STUDIO
	<b>Vinyasa Flow Celeste</b> 12.30 - 1.30pm SURYA STUDIO	<b>Ashtanga Yoga Stephanie</b> 12.30 - 1.30pm SURYA STUDIO	<b>Hatha Yoga Shannon</b> 12.30 - 1.30pm SURYA STUDIO	<b>Yin Yoga Morgan</b> 12.30 - 1.30pm CHANDRA STUDIO	<b>Yoga for Stress Reduction Melinda</b> 12.30 - 1.45pm SURYA STUDIO	<b>Yin Yoga Shannon</b> 12.15 - 1.30pm SURYA STUDIO	
	<b>Hatha Yoga Phoebe</b> 5.00 - 6.00pm SURYA STUDIO	<b>Yin Yoga Lisa</b> 5.00 - 6.15pm SURYA STUDIO	<b>Hatha Yoga Tracy</b> 5.00 - 6.15pm SURYA STUDIO	<b>Yin Yoga Sarah</b> 5.00 - 6.15pm SURYA STUDIO	<b>Yoga/Pilates Tracy</b> 5.00 - 6.15pm SURYA STUDIO	<b>Restful Yoga Shaila</b> 12.15 - 1.30pm CHANDRA STUDIO	
	<b>Vinyasa Flow Stephanie</b> 5.00 - 6.15pm CHANDRA STUDIO			<b>Hatha Yoga Emily</b> 5.00 - 6.15pm CHANDRA STUDIO		<b>Hatha Yoga Shaila</b> 2.00 - 3.15pm SURYA STUDIO	<b>Ashtanga Yoga Claire</b> 4.30 - 5.45pm Intermediate SURYA STUDIO
	<b>Gentle Yoga Phoebe</b> 6.15 - 7.30pm SURYA STUDIO	<b>Yin Yoga Alice</b> 6.15 - 7.30pm CHANDRA STUDIO	<b>Yin Yoga Josie</b> 6.00 - 7.15pm CHANDRA STUDIO		<b>Yin Yoga Alice</b> 6.15 - 7.30pm SURYA STUDIO	<b>Pilates Constantina</b> 3.30 - 4.30pm SURYA STUDIO	<b>Yin Yoga Marcela</b> 6.00 - 7.15pm SURYA STUDIO
	<b>Pilates Sharon</b> 6.30 - 7.30pm CHANDRA STUDIO	<b>Yoga/Pilates Tracy</b> 6.30 - 7.30pm SURYA STUDIO	<b>Pilates Oriana</b> 6.30 - 7.30pm SURYA STUDIO	<b>Hatha Yoga Sarah</b> 6.15 - 7.30pm SURYA STUDIO			
	<b>Meditation Course Stephen</b> 7.30 - 9.15pm 5 wk course Dates at <a href="http://www.qioga.net">www.qioga.net</a>		<b>Gentle Hatha Yoga Marcela</b> 7.30 - 8.45pm CHANDRA STUDIO	<b>Kundalini Yoga Rob/Aline</b> 7.15 - 8.30pm CHANDRA STUDIO			
	<b>Yin Yoga Phoebe</b> 7.45 - 9.00pm SURYA STUDIO	<b>Yin Yoga Sarah</b> 7.45 - 9.00pm SURYA STUDIO		<b>Yin Yoga Marcela</b> 7.45 - 9.00pm SURYA STUDIO			

# FRESHWATER TIMETABLE JULY - DECEMBER 2019

	MON	TUES	WED	THURS	FRI	SAT	SUN
	<b>Hatha Yoga Morgan</b> 6.00 - 7.15am	<b>Hatha Yoga Celeste</b> 6.00 - 7.15am	<b>Hatha Yoga Celeste</b> 6.00 - 7.15am		<b>Hatha Yoga Morgan</b> 6.00 - 7.15am		
	<b>Hatha Yoga Morgan</b> 7.30 - 8.30am	<b>Over 55's Yoga Veronica</b> 8.00 - 9.00am	<b>Hatha Yoga Lisa</b> 7.30 - 8.30am	<b>Hatha Yoga Eliza</b> 7.30 - 8.30am	<b>Hatha Yoga Morgan</b> 7.30 - 8.30am	<b>Hatha Yoga Celeste</b> 7.00 - 8.15am	<b>Next Yoga Teacher</b>
	<b>Pilates Oriana</b> 9.15 - 10.15am	<b>Pilates Oriana</b> 9.15 - 10.15am	<b>Yin/Yang Yoga Josie</b> 9.15 - 10.30am	<b>Hatha Yoga Morgan</b> 9.15 - 10.30am	<b>Yin Yoga Lisa</b> 9.15 - 10.30am	<b>Ashtanga Yoga Kane</b> 8.30 - 10.00am	<b>Training Course</b>
	<b>Restful Yoga Shannon</b> 10.30am - 12.00pm	<b>Hatha Yoga Phoebe</b> 10.30am - 12.00pm	<b>Dru Yoga Mary-Louise</b> 10.30am - 12.00pm	<b>Restful Yoga Shannon</b> 10.30am - 12.00pm	<b>Hatha Yoga Mark</b> 10.30am - 12.00pm	<b>Pre-Natal Yoga Mary-Louise</b> 10.15am - 11.45pm	420 hours part-time 10.00am - 4.15pm
	<b>Yin Yoga Shannon</b> 12.30 - 1.30pm	<b>Yin Yoga Phoebe</b> 12.30 - 1.30pm	<b>Yin Yoga Phoebe</b> 12.30 - 1.30pm	<b>Yin Yoga Phoebe</b> 12.30 - 1.30pm	<b>Yin Yoga Tracy</b> 12.30 - 1.30pm	<b>Hatha Yoga Josie</b> 12.00 - 1.30pm	STARTS February 2020
							<b>Hatha Yoga Student Teacher</b> 4.30 - 5.30pm \$10
	<b>Yin Yoga Morgan</b> 5.00 - 6.15pm	<b>Yin Yoga Charlotte</b> 5.00 - 6.15pm	<b>Yin Yoga Morgan</b> 5.00 - 6.00pm	<b>Yin Yoga Phoebe</b> 5.00 - 6.15pm	<b>Restful Yoga Mary-Louise</b> 5.00 - 6.15pm		
	<b>Ashtanga Yoga Kane</b> 6.15 - 7.30pm	<b>Ashtanga Yoga Alana</b> 6.15 - 7.30pm	<b>Pre-Natal Yoga Mary-Louise</b> 6.00 - 7.30pm	<b>Hatha Yoga Phoebe</b> 6.15 - 7.30pm			
	<b>Yin Yoga Josie</b> 7.30 - 9.00pm	<b>Yin Yoga Lisa</b> 7.30 - 8.45pm		<b>Yoga/Pilates Trish</b> 7.30 - 8.30pm			<b>Hatha Yoga Celeste</b> 5.30 - 6.45pm