

# MANLY TIMETABLE NOVEMBER 2019 - APRIL 2020

Gentle  
Moderate  
Strong  
Pilates  
Yin Yoga  
Kundalini  
Pre-Natal  
NEW CLASS  
COURSE  
Class times are subject to change.

	MON	TUES	WED	THURS	FRI	SAT	SUN
		<b>Mysore Nadia</b> 5.45 - 7.45am CHANDRA STUDIO	<b>Mysore Kane</b> Anytime between 5.00 - 8.00am CHANDRA STUDIO	<b>Mysore Nadia</b> 5.45 - 7.45am CHANDRA STUDIO	<b>Ashtanga Yoga Kane</b> 5.45 - 7.30am SURYA STUDIO		 <b>Qi Health &amp; Yoga</b>
<b>Hatha Yoga Alice</b> 7.30 - 8.30am SURYA STUDIO	<b>Hatha Yoga Alice</b> 6.00 - 7.15am SURYA STUDIO	<b>Hatha Yoga Morgan</b> 7.30 - 8.30am SURYA STUDIO	<b>Kundalini Yoga Corona</b> 6.00 - 7.30am SURYA STUDIO	<b>Hatha Yoga Charlotte</b> 7.30 - 8.30am SURYA STUDIO	<b>Hatha Yoga Andrena</b> 7.00 - 8.30am CHANDRA STUDIO		
<b>Seniors Yoga Julie</b> 8.00 - 9.15am CHANDRA STUDIO	<b>Hatha Yoga Alice</b> 7.30 - 8.30am SURYA STUDIO			<b>Hatha Yoga Tracy</b> 7.30 - 8.30am SURYA STUDIO		<b>Pilates Trish</b> 7.45 - 8.45pm SURYA STUDIO	<b>Kundalini Yoga Corona</b> 8.30 - 10.00am SURYA STUDIO
<b>Hatha Yoga Alice</b> 9.00 - 10.15am SURYA 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 - 10.15am CHANDRA 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 Camille</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>Over 60's Yoga Julie</b> 10.30am - 12.00pm SURYA STUDIO	<b>Hatha Yoga Mark</b> 10.30am - 12.15pm SURYA STUDIO	<b>Yoga for Stress Reduction Amara</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>Hatha Yoga Radha</b> 12.15 - 1.30pm 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 Trish</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 Mary-Louise</b> 12.30 - 1.45pm SURYA STUDIO	<b>Yin Yoga Shannon</b> 12.30 - 1.45pm SURYA STUDIO		
<b>Hatha Yoga Phoebe</b> 5.00 - 6.00pm SURYA STUDIO	<b>Yin Yoga Sherrie</b> 5.00 - 6.15pm SURYA STUDIO	<b>Hatha Yoga Tracy</b> 5.00 - 6.00pm SURYA STUDIO	<b>Yin Yoga Sarah</b> 5.00 - 6.00pm 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>Restful Yoga Shaila</b> 4.00 - 5.30pm SURYA STUDIO
<b>Vinyasa Flow Stephanie</b> 5.00 - 6.15pm CHANDRA STUDIO					<b>Hatha Yoga Shaila</b> 2.00 - 3.15pm SURYA STUDIO		<b>Ashtanga Yoga Marcela</b> 4.30 - 5.45pm CHANDRA 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 SURYA STUDIO	<b>Pre-Natal Yoga Radha</b> 6.00 - 7.15pm CHANDRA STUDIO	<b>Yin Yoga Alice</b> 6.15 - 7.30pm 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 CHANDRA 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>Sound/Mantra Yoga Mahavidya</b> 7.30 - 8.30pm CHANDRA STUDIO	<b>Gentle Hatha Yoga Marcela</b> 7.30 - 8.45pm SURYA STUDIO					
<b>Yin Yoga Taru</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 NOVEMBER 2019 - APRIL 2020

	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>Next Yoga Teacher Training Course</b>  420 hours part-time 10.00am - 4.15pm  STARTS February 2020 Save \$509 earlybird
<b>Hatha Yoga Morgan</b> 7.30 - 8.30am	<b>Over 55's Yoga Veronica</b> 8.00 - 9.00am	<b>Hatha Yoga Josie</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>Pilates Oriana</b> 9.15 - 10.15am	<b>Pilates Oriana</b> 9.15 - 10.15am	<b>Yin/Yang Yoga Josie</b> 9.00 - 10.15am	<b>Hatha Yoga Morgan</b> 9.00 - 10.15am	<b>Hatha Yoga - intermediate Gyan</b> 9.00 - 10.30am	<b>Ashtanga Yoga Kane</b> 8.30 - 10.00am		
<b>Gentle Hatha 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 Taru</b> 10.45am - 12.00pm	<b>Pre-Natal Yoga Mary-Louise</b> 10.15am - 11.45pm		
<b>Yin Yoga Shannon</b> 12.30 - 1.30pm	<b>Yin Yoga Phoebe</b> 12.30 - 1.30pm	<b>Hatha 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		
						<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> 6.15 - 7.30pm	<b>Hatha Yoga Trish</b> 6.15 - 7.30pm				
<b>Yin Yoga Josie</b> 7.30 - 9.00pm	<b>Yin Yoga Sherrie</b> 7.30 - 8.45pm		<b>Yoga/Pilates Trish</b> 7.30 - 8.30pm			<b>Hatha Yoga Celeste</b> 5.30 - 6.45pm	