



Qi Manly Timetable: November – December

Surya Studio

Maximum 20 students per class. BYO Yoga Mat

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Hatha Yoga Celeste 6 – 7.15am						
am	Hatha Yoga Celeste General /strong 7.30 – 8.30am	Hatha Yoga Alice General/strong 7.30 – 8.30am	Hatha Vinyasya Morgan General 7.30 – 8.30am	Hatha Tracy General 7.30 – 8.30am	Hatha Yoga Martina General 7.30-8.30am	Pilates Trish General 7.30 – 8.30am	
	Hatha Yoga Claire General 9.00 – 10.15am	Yin Yoga Alice General 9.00 -10.15am	Yin Yoga Morgan General 9.00 – 10.15am	Pilates Oriana General 9.15 -10.15am	Hatha Yoga Stephanie General 9.00 -10.15am	Hatha Yoga Maureen General 9.00 – 10.30am	Kundalini Yoga Corona General 8.30 – 10.00am
	Over 60's Yoga Julie Gentle 10.30 – 12.00pm	Hatha Yoga Mark General 10.30 -12.15pm	Restful Yoga Meg Gentle 10.30 -11.45am	Hatha Yoga Alex General 10.30 – 12pm	Pilates Carmen General 10.30 – 11.30	Pilates Trish General 11 – 12.00pm	Hatha Yoga Stephanie General 10.30 – 12pm
Lunch	Hatha Yoga Radha General 12.15 – 1.30pm	Gentle Yoga Julie Gentle 12.30 – 1.45pm	Hatha Yoga Eliza General 12.30 – 1.30pm	Yin Yoga Ashley General 12 .30 – 1.30pm	Stress Reduction yoga Mary-Louise 12.30 – 1.45pm	Yin Yoga Alex General 12.15 – 1.30pm	Yin Yoga Sarah Gentle 12.30 – 1.45pm
pm	Gentle Hatha Phoebe Gentle 5.00 -6.00pm	Yoga-Pilates Tracy General 5.15 – 6.15pm	Hatha Tracy General 5.00 -6.00pm	Yin Yoga Sarah General 5.00 – 6.00pm	Yoga-Pilates Tracy General 5.00 - 6.00pm		
	Hatha Yoga Phoebe General 6.15 – 7.30pm	Yin Yoga Alice General 6.30 – 7.30pm	Yin Yoga Sarah Gentle 6.15 – 7.30pm	Ashtanga Yoga Marcela General 6.15 – 7.30pm	Yin Yoga Tracy General 6.15-7.30pm		Yin Yoga Marcela General 6.15 – 7.30pm
	Yin Yoga Taru General 7.45 – 9.00pm						

Chandra Studio Maximum 10 students per class.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
am			Mysore style Kane General 6.00 – 8.00am				
	Yoga for Seniors Julie 8.00 – 9.15am					Hatha Yoga Maureen 7.00- 8.15am	
	Dru Yoga Mary-Louise Gentle 9.30 – 11.00am	Hatha Yoga Kate General 9.15 – 10.30am	Dynamic Hatha Camille General 9.15- 10.45am	Yin Yoga Tracy General 9.00 – 10am	Yin Yoga Marcela General 9.15- 10.30am	Ashtanga Yoga Ana Luna General 9.15- 10.45am	
Lunch	Vinyasa Flow Celeste General 12.00 – 1.00	Ashtanga Yoga Stephanie General 12.45- 1.45pm		Ashtanga Yoga Stephanie General 12.15- 1.15pm			
pm		Yin Yoga Sherrie General 5.00 – 6.00pm				See website for Workshops & Special Events	
	Pilates Sharon General 6.30 – 7.30pm		Pilates Trish General 6.30 – 7.30pm	Hatha Yoga Ellis General 6.00 – 7.15pm			
	Meditation Course Stephen 5 week course		Gentle Hatha Marcela Gentle 7.45 – 8.45pm	Yin Yoga Marcela General 7.45 – 8.45pm			

Colour Guide: Gentle Class Moderate Class Strong Class Pilates class Yoga/Pilates class



Qi Freshwater Timetable: November - December

Maximum 20 students per class. BYO Yoga mat

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
am		Hatha Yoga Celeste General 6.30 - 7.30am	Dynamic Hatha Celeste General 6.00 - 7.15am				Yoga Teacher Training Course 420 hours part-time 10am - 4.15pm	
	Hatha Yoga Morgan General 7.30 - 8.30am	Over 55's Yoga Veronica 8.00 -9.00am Over 55's Yoga	Dynamic Hatha Celeste General 7.30 - 8.30am	Hatha Yoga Eliza General 7.30 - 8.30am	Hatha Yoga Morgan General 7.30 - 8.30am	Dynamic Hatha Celeste General 7.00 - 8.15am		
	Pilates Oriana General 9.15 - 10.15am	Pilates Oriana General 9.15 - 10.15am	Hatha Yoga Gyan General 9.00 - 10.15am		Hatha Yoga Gyan General 9.00 - 10.30am	Ashtanga Yoga Kane General 8.30-10.00am		
	Hatha Yoga Alex General 10.30 - 12.00	Hatha Yoga Phoebe General 10.30-12.00pm	Dru Yoga Mary-Louise Gentle 10.30 - 12.00	Hatha Yoga Paola General 10.30 - 11.45	Dynamic Hatha Taru General 10.45 -12.00pm	Pre-Natal Yoga Mary-Louise 10.30 - 12.00pm		
	Yin Yoga Alex Gentle 12.30 -1.30pm	Yin Yoga Phoebe Gentle 12.30 -1.30pm	Hatha Yoga Paola General 12.30 -1.30pm	Yin Yoga Phoebe Gentle 12.30 -1.30pm	Yin Yoga Tracy General 12.30 - 1.30pm			
	Yin Yoga Taru Gentle 5.00 - 6.00pm	Yin Yoga Andrena General 5.00 - 6.00pm	Yin Yoga Taru Gentle 5.00 - 6.00pm	Yin Yoga Phoebe General 5.00 -6.00pm	Restful Yoga Mary-Louise Gentle 5.00 - 6.15pm	See website for Workshops & Special Events		
pm	Ashtanga Yoga Kane General 6.15 - 7.30pm	Ashtanga Yoga Alana General 6.15 - 7.30pm	Pre-Natal Yoga Mary-Louise 6.15 - 7.30pm	Hatha Yoga Phoebe General 6.15 -7.30pm				Hatha Yoga Student Teacher \$10 4.30 - 5.30pm
	Yin Yoga Sherrie General 7.45 - 9.00pm							Hatha Yoga Celeste General 5.30 - 6.45pm

Guide: Gentle Class Moderate Class Strong Class Pilates Yin