

 **Qi Manly Timetable: October - December 2021** Surya Studio BYO Yoga Mat

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	We will ramp up to this full timetable after reopening. Please check online timetable for exact details							
am	<b>Hatha Yoga</b> Zara Moderate 7.30 - 8.30am	<b>Hatha Yoga</b> Helena General/strong 7.30 - 8.30am	<b>Hatha Yoga</b> Helena General/strong 7.30 - 8.30am	<b>Yoga-Pilates</b> Tracy General 7.30 - 8.30am	<b>Vinyasa</b> Martina General 7.30-8.30am	<b>Pilates</b> Trish General 7.30 - 8.30am		
	<b>Hatha Yoga</b> Helena General 9.00 - 10.15am	<b>Yin Yoga</b> Zara General 9.00 -10.00am	<b>Dynamic Hatha</b> Andrena General 9.00- 10.15am	<b>Yin Yoga</b> Tracy General 9.00 -10.00am	<b>Hatha Yoga</b> Toonie General 9.00 -10.15am	<b>Hatha Yoga</b> Maureen General 9.00 - 10.15am	<b>Hatha Yoga</b> Maureen General 8.45 - 10.00am	
	<b>Over 60's Yoga</b> Julie Gentle 10.30 - 12.00pm	<b>Hatha Yoga</b> Mark General 10.30 -12.00pm	<b>Hatha Yoga</b> Amara Gentle 10.30 -11.45am	<b>Hatha Yoga</b> Alex General 10.45 - 12pm	<b>Pilates</b> Carmen General 10.45 - 11.45	<b>Pilates</b> Trish General 11 - 12.00pm	<b>Hatha Yoga</b> Maureen General 10.30 - 12pm	
Lunch	<b>Hatha Yoga</b> Radha General 12.15 - 1.30pm	<b>Gentle Yoga</b> Julie Gentle 12.30 - 1.45pm	<b>Hatha Yoga</b> Eliza General 12.30 - 1.30pm	<b>Yin Yoga</b> Tracy General 12.30 - 1.30pm	<b>Stress Reduction yoga</b> Mary-Louise 12.30 -1.45pm	<b>Yin Yoga</b> Alex General 12.15 - 1.30pm	<b>Yin Yoga</b> Taru Gentle 12.30 - 1.45pm	
pm	<b>Gentle Hatha</b> Zara Gentle 5.00 - 6.00pm	<b>Yoga-Pilates</b> Tracy General 5.15 - 6.15pm	<b>Hatha</b> Tracy General 5.00 - 6.00pm	<b>Hatha</b> Maureen General 5.00 - 6.00pm	<b>Yoga-Pilates</b> Tracy General 5.00 - 6.00pm			
	<b>Hatha Yoga</b> Alex Moderate 6.15 - 7.15pm	<b>Yin Yoga</b> Zara General 6.30 - 7.30pm	<b>Yin Yoga</b> Maureen Gentle 6.15 - 7.30pm	<b>Yin Yoga</b> Sarah T General 6.15 - 7.30pm	<b>Yin Yoga</b> Sara S General 6.15-7.30pm		<b>Yin Yoga</b> Liz General 6.15 - 7.30pm	
	<b>Yin Yoga</b> Taru 7.30 - 8.45pm							

**Chandra Studio** BYO Yoga mat

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
am	<b>Mysore Practice</b> Gabriel 6.00 - 8.00am		<b>Mysore Practice</b> Gabriel 6.00 - 8.00am		<b>Mysore Practice</b> Gabriel 6.00 - 8.00am		
	<b>Mature &amp; Motivated Yoga</b> Julie 8.00 - 9.15am					<b>Hatha Yoga</b> Maureen 7.00- 8.15am	
	<b>Dru Yoga</b> Mary-Louise Gentle 9.30 - 11.00am		<b>Yin Yoga</b> Maureen General 9.15 - 10.30am	<b>Pilates</b> Oriana General 9.15 - 10.15am	<b>Yin Yoga</b> Sherrie General 9.15- 10.30am	<b>Ashtanga Yoga</b> Ana Luna Beginners 9.15- 10.45am	
Lunch	<b>Vinyasa Flow</b> Gabriel General 12.00 - 1.00	<b>Vinyasa Yoga</b> Gabriel General 12.15- 1.15pm		<b>Ashtanga Yoga</b> Gabriel General 12.15- 1.15pm			
pm							
	<b>Pilates</b> Rachel General 6.30 - 7.30pm		<b>Pilates</b> Trish General 6.30 - 7.30pm			<b>See website for Workshops &amp; Special Events</b>	

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



# Qi Freshwater Timetable: October - December 2021

BYO Yoga mat

We will ramp up to this full timetable after reopening.  
Please check online timetable for exact details

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
am		<b>Hatha Yoga</b> Celeste General 6.30 - 7.30am	<b>Dynamic Hatha</b> Celeste General 6.00 - 7.15am				<b>Yoga Teacher Training Course</b> 420 hours part-time  10am - 4.15pm
	<b>Hatha Yoga</b> Alex General 7.30 - 8.30am	<b>Over 60's Yoga</b> Veronica Gentle Pls pay teacher direct 8.00 - 9.00am	<b>Dynamic Hatha</b> Martina General 7.30 - 8.30am	<b>Hatha Yoga</b> Eliza General 7.30 - 8.30am	<b>Hatha Yoga</b> Alex General 7.30 - 8.30am	<b>Dynamic Hatha</b> Celeste General 7.00 - 8.15am	
	<b>Pilates</b> Oriana General 9.15 - 10.15am	<b>Pilates</b> Oriana General 9.15 - 10.15am	<b>Hatha Yoga</b> Gyan General 9.00 - 10.15am	<b>Over 60's Yoga</b> Veronica Gentle Pls pay teacher direct 9.00-10.15am	<b>Hatha Yoga</b> Gyan General 9.00 - 10.30am	<b>Ashtanga Yoga</b> Kane General 8.30-10.00am	
		<b>Hatha Yoga</b> Sara S General 10.30-12.00pm	<b>Dru Yoga</b> Mary-Louise Gentle 10.30 - 12.00		<b>Dynamic Hatha</b> Taru General 10.45 -12.00pm	<b>Pre-Natal Yoga</b> Mary-Louise 10.30 - 12.00pm	
	<b>Yin Yoga</b> Alex Gentle 12.30 -1.30pm	<b>Yin Yoga</b> Taru Gentle 12.30 -1.30pm		<b>Yin Yoga</b> Maureen Gentle 12.30 -1.30pm	<b>Yin Yoga</b> Tracy General 12.30 - 1.30pm		
	<b>Yin Yoga</b> Taru Gentle 5.00 - 6.00pm	<b>Yin Yoga</b> Sherrie General 5.00 - 6.00pm	<b>Yin Yoga</b> Taru Gentle 5.00 - 6.00pm	<b>Yin Yoga</b> Toonie General 5.00 -6.00pm	<b>Restful Yoga</b> Mary-Louise Gentle 5.00 - 6.15pm	<b>See website for Workshops &amp; Special Events</b>	
pm	<b>Ashtanga Yoga</b> Kane General 6.15 - 7.30pm	<b>Yin Yoga + Meditation</b> Sherrie General 6.15 - 7.30pm	<b>Pre-Natal Yoga</b> Mary-Louise 6.15 - 7.30pm	<b>Hatha Yoga</b> Alex General 6.15 -7.30pm			<b>Hatha Yoga</b> Student Teacher \$10 4.30-5.30pm
	<b>Yin Yoga</b> Sherrie General 7.45 - 9.00pm						<b>Hatha Yoga</b> Celeste General 5.30 - 6.45pm

Guide:      Gentle Class   Moderate Class   Strong Class   Pilates   Yin