



Qi Manly Timetable: January 2022 Surya Studio BYO Yoga Mat

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Please check online timetable for exact details						
am	Hatha Yoga Zara General/strong 7.30 - 8.30am	Hatha Yoga Helena General/strong 7.30 - 8.30am	Hatha Yoga Helena General/strong 7.30 - 8.30am	Yoga-Pilates Tracy General 7.30 - 8.30am	Vinyasa Martina General 7.30-8.30am	Pilates Trish General 7.30 - 8.30am	
	Mature & Motivated Yoga Julie 9.00 - 10.15am	Hatha Yoga Zara General 9.00 -10.00am	Dynamic Hatha Andrena General 9.00- 10.15am	Yin Yoga Tracy General 9.00 -10.00am	Hatha Yoga Toonie General 9.00 -10.15am	Hatha Yoga Maureen General/strong 9.00 - 10.15am	Hatha Yoga Maureen General 8.45 - 10.00am
	Over 60's Yoga Julie Gentle 10.30 - 12.00pm	Hatha Yoga Mark General 10.30 -12.00pm	Hatha Yoga Amara Gentle 10.30 -11.45am	Hatha Yoga Alex General 10.45 - 12pm	Pilates Carmen General 10.45 - 11.45	Pilates Trish General 11 - 12.00pm	Hatha Yoga Maureen General/strong 10.30 - 12pm
Lunch	Hatha Yoga Radha General 12.15 - 1.30pm	Gentle Yoga Julie Gentle 12.30 - 1.45pm	Hatha Yoga Zara General 12.30 - 1.30pm	Yin Yoga Tracy General 12.30 - 1.30pm	Stress Reduction yoga Mary-Louise 12.30 -1.45pm	Yin Yoga Alex General 12.15 - 1.30pm	Yin Yoga Taru 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	Hatha Zara General 5.00 - 6.00pm	Yoga-Pilates Tracy General 5.00 - 6.00pm		
	Hatha Yoga Phoebe Moderate 6.15 - 7.15pm	Yin Yoga Zara General 6.30 - 7.30pm	Yin Yoga Maureen Gentle 6.15 - 7.30pm	Yin Yoga Zara General 6.15 - 7.30pm	Yin Yoga Liz General 6.15-7.30pm		Yin Yoga Liz General 6.15 - 7.30pm
	Yin Yoga Taru 7.30 - 8.45pm						

Chandra Studio BYO Yoga mat

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
am	Mysore Practice Gabriel 6.00 - 8.00am		Mysore Practice Gabriel 6.00 - 8.00am		Mysore Practice Gabriel 6.00 - 8.00am		
						Hatha Yoga Maureen General 7.00- 8.15am	
	Dru Yoga Julie Gentle 9.30 - 11.00am			Pilates Oriana General 9.15 - 10.15am	Yin Yoga Sherrie General 9.15- 10.30am	Ashtanga Yoga Ana Luna Beginners 9.15- 10.45am	
Lunch	Vinyasa Flow Gabriel General 12.00 - 1.00	Vinyasa Yoga Gabriel General 12.15- 1.15pm				Restful Yoga Srimukti Gentle 11.15- 12.30pm	
pm						See website for Workshops & Special Events	
	Pilates Rachel General 6.30 - 7.30pm		Pilates Trish General 6.30 - 7.30pm				

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



Qi Freshwater Timetable: January 2022

BYO Yoga mat

Please check online timetable for exact details

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
am		Hatha Yoga Celeste General 6.30 – 7.30am	Dynamic Hatha Martina General 6.00 – 7.15am				Yoga Teacher Training Course 420 hours part-time 9am – 4.15pm
	Hatha Yoga Alex General 7.30 – 8.30am	Over 60's Yoga Veronica Gentle Pls pay teacher direct 8.00 – 9.00am	Dynamic Hatha Martina General 7.30 – 8.30am	Hatha Yoga Taru General 7.30 – 8.30am	Hatha Yoga Alex 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	Over 60's Yoga Veronica Gentle Pls pay teacher direct 9.00 -10.15am	Hatha Yoga Gyan General 9.00 –10.30am	Ashtanga Yoga Kane General 8.30-10.00am	
		Hatha Yoga Phoebe General 10.30-12.00pm	Dru Yoga Mary-Louise Gentle 10.30 – 12.00		Dynamic Hatha Taru General 10.45 12.00pm	Pre-Natal Yoga Josie 10.30-12.00pm	
pm	Yin Yoga Alex Gentle 12.30 -1.30pm	Yin Yoga Phoebe Gentle 12.30 -1.30pm		Yin Yoga Phoebe Gentle 12.30 -1.30pm	Yin Yoga Tracy General 12.30 –1.30pm		Hatha Yoga Student Teacher \$16 class 4.30-5.30pm Hatha Yoga Celeste General 5.30 – 6.45pm
	Yin Yoga Taru Gentle 5.00 – 6.00pm	Yin Yoga Sherrie General 5.00 – 6.00pm	Yin Yoga Taru Gentle 5.00 – 6.00pm	Yin Yoga Phoebe General 5.00 -6.00pm		See website for Workshops & Special Events	
	Ashtanga Yoga Kane General 6.15 – 7.30pm	Yin Yoga + Meditation Sherrie General 6.15 – 7.30pm	Pre-Natal Yoga Julie 6.15 – 7.30pm	Hatha Yoga Phoebe General 6.15 -7.30pm			
	Yin Yoga Sherrie General 7.45 – 9.00pm						

Guide: Gentle Class Moderate Class Strong Class Pilates Yin