

## 2018 Yoga Centre East Redfern Timetable

Effective JANUARY 15, 2018

|           | MONDAY  | TUESDAY   | WEDNESDAY                                      | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|-----------|---|---|--|---|---|---|---|
| <b>AM</b> |   |   |  |   |   |   |   |
| 6.30      |   | 6.30 - 8.00<br><b>L 2 Intermediate</b>  | 6.30 - 8.00<br><b>L 2 Intermediate</b>         | <b>Teachers Practice</b>  |   |   |   |
| 7.00      | 7.00 - 8.00<br><b>L 1 Foundation</b><br>Belinda | Helen   | Personal Practice Program<br>Suzi              | Iyengar Yoga Teachers and Trainees  | 7.00 - 8.00<br><b>L 1 Foundation</b><br>Helen                   | 7.00 - 8.00<br><b>L 1 Foundation</b><br>Peta      |   |
| 8.00      |   |   |  |   |   | 8.00 - 9.30<br><b>L 2 Intermediate</b><br>Suzi    | 8.00 - 9.00<br><b>Beginners Course</b><br>Rachel<br><b>**Starts Jan 21</b><br><b>New Course</b> |
| 9.00      |   |   |  |   |   |   |   |
| 9.30      |   |   |  |   |   |   | 9.30 - 11.00<br><b>L 2 Intermediate</b>   |
| 10.00     |   | 10.00 - 12.00<br><b>Level 2 / 3 Intermediate Advanced</b>                             |  |   |   | 9.45 - 10.45<br><b>L 1 Foundation</b><br>Helen    | Peta  |
| 10.30     |   |   |  |   |   |   |   |
| 11.00     |   | Caroline<br><b>**Jan 30 - 8 wks</b><br><b>**April 10 - 10 wks</b>                     |  |   |   | 11.00 - 12.30<br><b>L 2 Intermediate</b><br>Helen |   |
| <b>PM</b> |   |   |  |   |   |   |   |
| 12.00     |   |   |  |   |   |   |   |
| 12.45     |   |   |  |   | 12.45 - 2.00<br><b>Open Level</b><br>Peta                       |   |   |
| 1.00      | 1.00 - 2.00<br><b>Open Level</b><br>Peta        |   | 1.00 - 2.00<br><b>Open Level</b><br>Peta       |   |   |   |   |
|           |   |   |  |   |   |   | <b>** Dated Enrolment Classes &amp; Courses</b>   |
| 5.15      |   | <b>New Class</b><br>5.15 - 6.15   |  |   |   |   |   |
| 5.30      | 5.30 - 7.00<br><b>L 2 Intermediate</b>          | <b>L 1 Foundation</b><br>Marie<br><b>Starts Feb 13</b>                                |  | 5.30 - 6.30<br><b>L 1 Foundation</b>  |   |   |   |
| 6.00      | Suzi  | 6.15 - 7.45<br><b>L 2 Intermediate</b><br>Suzi  | 6.00 - 7.30<br><b>L 2 Intermediate</b><br>Peta | Caro<br><b>Starts Feb 8</b>   | 6.00 - 7.30<br><b>L 1 Foundation</b><br><b>L 2 Intermediate</b> |   |   |
| 6.15      |   |   |  | 6.30 - 7.30<br><b>Beginners Course</b><br>Caro<br><b>** Starts Feb 8</b>              | TGIF Restorative<br>Helen                                       |   |   |
| 6.30      |   |   |  |   |   |   |   |
| 7.00      | 7.00 - 8.00<br><b>L 1 Foundation</b><br>Helen   |   |  |   |   |   |   |
| 7.30      |   | 7.45 - 8.45<br><b>L1 Expresso</b><br>Casey<br><b>Starts Feb 6</b><br><b>New Class</b> |  | 7.30 - 8.30<br><b>L1 Expresso</b><br>Casey<br><b>Starts Feb 8</b><br><b>New Class</b> |   |   |   |
| 7.45      |   |   |  |   |   |   |   |