

2018 Yoga Centre East Redfern Timetable

Effective JANUARY 15, 2018

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