

2018 Yoga Centre East Redfern Timetable

Effective SEPTEMBER, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
6.30		6.30 - 8.00 LEVEL 2 Helen	6.30 - 8.00 LEVEL 2 Individual Practice Class Suzi	Teachers Practice Iyengar Yoga Teachers and Trainees	7.00 - 8.00 LEVEL 1 Helen (Ange)		
7.00							
8.00						8.00 - 9.30 LEVEL 2 Suzi	8.00 - 9.00 Beginners Course ** Dated Course
			** Dated Enroled Classes & Courses				
9.30						9.30 - 10.30 LEVEL 1 Suzanne	9.30 - 11.00 LEVEL 2 Peta (Jeff)
10.00		10.00 - 12.00 INTENSIVE CLASS Caroline Coggins **Enrolled Class Sept 18 - Oct 16 Oct 23 - Nov 20	10.00 - 11.00 SENIORS Wednesdays resume with Peta Oct-10				
11.00						11.00 - 12.30 LEVEL 2 Helen (Jeff)	
11.30					11.30 - 12.30 SENIORS Over 60's Caro (Peta)		
PM							
12.45					12.45 - 2.00 OPEN LEVEL Peta (Caro)		
1.00	1.00 - 2.00 OPEN LEVEL Claire		1.00 - 2.00 OPEN LEVEL Peta (Belinda)				
5.15		5.15 - 6.15 LEVEL 1		5.30 - 6.30 LEVEL 1	6.00 - 7.30 LEVEL 1&2		
5.30	5.30 - 7.00 LEVEL 2 Suzi	Belinda	6.00 - 7.30 LEVEL 2 Peta (Jeff)	Caro	Restorative		
6.00		6.15 - 7.45 LEVEL 2 Suzi		6.30 - 7.30 Beginners Course Caro ** Dated Course	Helen (Jeff)		
6.15							
6.30							
7.00	7.00 - 8.00 LEVEL 1 Helen (Casey)						
7.45		7.45 - 8.45 Beginners Course Casey ** Dated Course					