

2019 Yoga Centre East Redfern Timetable  
Effective from FEBRUARY 11, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM</b>							
6.30		6.30 - 8.00 LEVEL 2	6.30 - 8.00 LEVEL 2	6.30 - 8.00 LED PRACTICE			
7.00	7.00 - 8.00 LEVEL 1 Belinda New Class	Helen	Suzi	Check website for practices scheduled	7.00 - 8.00 LEVEL 1 Helen		
8.00						8.00 - 9.30 LEVEL 2 Suzi	8.00 - 9.00 Beginners Course** Check website for course dates
9.30						9.45 - 10.45 LEVEL 1 Suzanne	9.30 - 11.00 LEVEL 2 Peta
9.45							
10.00		10.00 - 12.00 INTENSIVE CLASS Level 2/3 Caroline Coggins **Enrolled Class Starts Feb 12 for 9 weeks (Check website for enrolment dates)		10.00 - 11.30 LEVEL 1&2 Peta New Class	10.00 - 11.00 SENIORS Over 60's Peta	11.00 - 12.30 LEVEL 2 Helen	
11.00							
11.30							
<b>PM</b>							
12.00							
12.30							
12.45							
1.00	1.00 - 2.00 OPEN LEVEL Helen		1.00 - 2.00 OPEN LEVEL Peta		12.45 - 2.00 OPEN LEVEL Peta		
2.00							
3.30							
5.15		5.15 - 6.15 LEVEL 1 Belinda		5.30 - 6.30 LEVEL 1 Belinda			
5.30	5.30 - 7.00 LEVEL 2 Suzi	6.15 - 7.45 LEVEL 2 Suzi	6.00 - 7.30 LEVEL 2 Peta		6.00 - 7.30 LEVEL 2 Restorative Helen		
6.00							
6.15							
6.30							
7.00	7.00 - 8.00 LEVEL 1 Helen		7.30 - 8.30 Beginners Course ** Check website for course dates				
7.45							
8.00							
8.30							

\*\* Dated Enroled Classes & Courses