

breeze

the urban yoga company

Timetable

Monday

09.30-11.00	HOT SUPER CHARGED YOGA	DEBBIE
10.00-11.30	HATHA YOGA	DEENA
11.15-12.45	HOT SUPER CHILLED YOGA	SHERRIE
11.30-12.45	YING YANG YOGA	SUE
13.00-14.15	HOT PILATES	REA
14.30-15.30	SENIOR YOGA	SHERRIE
18.30-20.00	HOT SUPER CHILLED YOGA	DIANE
18.30-20.00	THAI YOGA	SHERRIE
20.00-21.00	MEDITATION	ANNA
20.15-21.30	HOT VINYASA FLOW	DIANE

Tuesday

06.30-07.30	VINYASA FLOW	DIANE
09.00-10.00	TAI JI ON THE GREEN (\$5)	TERESA
09.15-10.45	IYENGAR YOGA	SCOTT
09.30-11.00	HOT SUPER CHARGED YOGA	DIANE
11.00-12.30	YIN YANG YOGA	DIANE
12.15-13.45	HOT SUPER CHILLED YOGA	JULIA D
18.30-20.00	HOT SUPER CHILLED YOGA	NAOMI
18.30-19.30	PILATES	LYNN
19.30-21.00	HATHA YOGA	JULIA D
20.15-21.45	HOT SUPER CHARGED YOGA	NAOMI

Wednesday

06.30-07.30	HOT SUPER CHARGED YOGA	DIANE
09.00-10.30	HATHA YOGA	JULIA D
09.30-10.45	HOT VINYASA FLOW	DIANE
10.30-11.30	PILATES	REA
11.30-13.00	TAI CHI	SHI XING TAM
13.00-14.00	BABY & ME YOGA (6 WKS-CRAWLING)	KATY
16.00-16.45	YOGI BEARS (4-7 YEARS)	CHRISTINA
16.45-17.30	YOGI DUDES (8-11 YEARS)	CHRISTINA
17.30-18.30	YOGI LISCIOS (12+)	CHRISTINA
18.30-20.00	HOT SUPER CHILLED YOGA	ALEXIA
19.00-20.00	PILATES	DOMINI
20.00-21.00	MINI BALL PILATES	DOMINI
20.15-21.45	HOT SUPER CHARGED YOGA	JANINE

Thursday

06.30-07.30	HOT VINYASA FLOW	ALEXIA
09.30-10.30	THAI YOGA	SHERRIE
09.30-11.00	HOT SUPER CHILLED YOGA	JAYNE
10.30-12.00	JIVAMUKTI YOGA BASICS	SALEMA
11.30-13.00	HOT SUPER CHARGED YOGA	JAYNE
12.00-13.00	PILATES	DOMINI
14.00-15.15	SENIOR PILATES	DOMINI
18.30-20.00	HOT SUPER CHARGED YOGA	DIANE
18.30-20.00	ASHTANGA YOGA	NICK
20.00-21.30	BEGINNERS YOGA	DEBBIE
20.15-21.30	HOT VINYASA FLOW	DIANE/AOIFE

Friday

06.30-07.30	HOT SUPER CHARGED YOGA	DIANE
08.30-10.00	ASHTANGA YOGA	NICK
09.15-10.45	HOT SUPER CHILLED YOGA	JULIA D
10.00-11.30	HATHA YOGA	ZOE
11.00-12.30	HOT SUPER CHARGED YOGA	ALEXIA
11.45-12.45	KUNDALINI EXPRESS YOGA	ANNA
13.00-14.30	SCARAVELLI YOGA	GABRIELLE
19.00-20.30	HOT SUPER CHARGE YOGA	NAOMI
19.00-20.30	JIVAMUKTI YOGA	SALEMA

Saturday

09.00-10.30	HOT SUPER CHARGED YOGA	NAOMI
09.00-10.30	HATHA YOGA	KATY
10.30-11.30	PILATES	DOMINI
11.15-12.45	HOT SUPER CHILLED YOGA	NAOMI
11.30-12.45	PRE-NATAL YOGA	KATY
13.30-14.45	HOT PILATES	DOMINI
15.00-16.15	HOT JIVAMUKTI (starting 10th July)	SALEMA
15.00-16.00	PILATES/BALLET MIX	DOMINI
17.00-18.30	HOT SUPER CHARGE YOGA PLUS	NAOMI

Sunday

08.30-10.00	ASHTANGA YOGA	NICK
09.00-10.30	HOT SUPER CHARGED YOGA	NAOMI/ DIANE
10.00-11.30	SUN POWER YOGA	SHERRIE
11.15-12.45	HOT SUPER CHILLED YOGA	NAOMI/ DIANE
11.30-13.00	IYENGAR YOGA	JANINE
16.00-17.30	JIVAMUKTI YOGA	SALEMA
17.30-19.00	IYENGAR YOGA	ROBERTA
18.00-19.30	HOT SUNDAY NIGHT FLOW	SHERRIE



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