

YOGA SCHEDULE



Fremantle
Yoga Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	VINYASA 60 6:00AM	VINYASA 60 6:00AM	VINYASA 60 6:00AM	VINYASA 60 6:00AM	VINYASA 60 7:00AM	
					INTERMEDIATE 95 8:15AM	RESTORATIVE AM 90 10:00AM
HATHA 90 9:30AM	HATHA 75 9:30AM	HATHA 75 9:30AM	HATHA 75 9:30AM	HATHA 75 9:30AM	HATHA* 75 10:00 AM	
SENIORS 90 11:15AM		SENIORS 90 11:15AM			THERAPY 90 11:30AM	FREE CLASS 3:30PM
BEGINNER 75 5:15PM	THERAPY 90 5:00PM	BEGINNERS 75 5:15PM			SOUND BATH* 60 04:00 PM	RESTORATIVE PM 75 05:00 PM
HATHA 75 6:30PM	EXP. 75 6:30PM	RESTORATIVE + SOUND 75 6:30PM	HATHA 90 6:30PM		*LAST SAT OF THE MONTH	

CLASS TIMES: '60' = 60 MINS | TEACHERS: LISTED ONLINE

HATHA: ALL LEVELS | INTER: INTERMEDIATE HATHA | EXP: EXPERIENCED HATHA | HATHA*: HATHA, BEGINNERS WELCOME