



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Sun Room	Moon Room	Sun Room	Moon Room	Sun Room	Moon Room	Sun Room	Moon Room	Sun Room	Moon Room	Sun Room	Moon Room	Sun Room	Moon Room
7am		6.30 Ashtanga MYSORE Beginners 6.30-7.30am Pregnancy 7-8am	6.30 Bikram	6.30 Ashtanga MYSORE Beginners 6.30-7.30am Pregnancy 7-8am		6.30 Ashtanga MYSORE Beginners 6.30-7.30am Pregnancy 7-8am	6.30 Bikram	6.30 Ashtanga MYSORE Beginners 6.30-7.30am Pregnancy 7-8am		6.30 Ashtanga Primary Series intermediate/advanced				
8am														
9am														8.30 Ashtanga Primary Series intermediate
10am	9.30 Bikram										9.00 Bikram		9.00 Hot Jai Vinyasa Lvl. 1	
11am													10.30 Bikram	
noon											11.00 Hot Jai Vinyasa Lvl. 1			
1pm	1.00 Hot Jai Vinyasa Lvl. 1		1.00 Hot Jai Vinyasa Lvl. 1		1.00 Hot Jai Vinyasa Lvl. 1		1.00 Hot Jai Vinyasa Lvl. 1		1.00 Hot Jai Vinyasa Lvl. 1					
2pm														
3pm														
4pm														
5pm	4.30 Hot Jai Vinyasa Lvl. 1		4.00 Bikram		4.30 Hot Jai Vinyasa Lvl. 1		4.00 Bikram		4.30 Hot Jai Vinyasa Lvl. 1					
6pm	6.00 Bikram	5.45 Ashtanga Vinyasa	6.00 Hot Jai Vinyasa Lvl. 2	6.00 Beginners Yoga	6.00 Bikram	5.45 Ashtanga Vinyasa	6.00 Hot Jai Vinyasa Lvl. 2	6.00 Beginners Yoga	6.00 Bikram	5.45 Ashtanga Vinyasa				
7pm		7.00 Yoga Nidra				7.00 Yoga Nidra				7.00 Yoga Nidra				
8pm														

Public Holidays: 8:30-10am Ashtange Primary Series, 8.30-10:00am Bikram and 10.30-11:30am Hot Jai Vinyasa Level 1