



A Room to Breathe YOGA STUDIO

2015 Autumn Timetable

Mon	5:45pm	Power Yoga Flow
Mon	7:15pm	General All Levels

Tues	6:30am	Morning Practice
Tues	9:30am	General All Levels
Tues	6:30pm	Beginner – Level One

Wed	5:45pm	General All Levels
Wed	7:15pm	Pregnancy Yoga

Thurs	10:00am	Yoga Core Power
Thurs	5:45pm	General All Levels
Thurs	7:15pm	General Level 1

Sat	9:00am	Power Yoga Flow
Sat	10:30am	Beginner – Level One

**Please Register for
Pregnancy Yoga (6 and 8 week blocks)
Classes 75 minutes
\$20 casual, \$140 for standard 10 class concession
5,15 and 20 class concessions available
Timetable updated 20th March 2015**

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