

Spring Yoga Timetable

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am –9.00am						Out in the Park Full Nature yoga. Jack/ Claudia	

Bondi Beach

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am – 8.00am		Patience &Flexibility Seagull Room Dale		Vision & Flexibility Seagull Room Dale		<u>9 – 10.15am</u> Internal & External Flexibility High Tide Room Dale	<u>9 – 10.15am</u> Spring Cleansing High Tide Room Dale

Bondi Junction (4 week courses coming soon)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am- 7.30am <u>(Open level)</u>	\$8 General Flexibility	K I Meridian Jack	Ki Master Yoga Class Jack Marshall	Ki Meridian Jack	\$8 General Flexibility	<u>8 – 9.15am</u> Stress Less	
9.30am–10.30am		General Flexibility Lisa			General Flexibility Lisa		
12 noon-1.00pm <u>(Open Level)</u>	Patience & Flexibility Louise	Spring Strength Helen	Improved Eyesight Sandy	Spring Strength Jack	Hara & Eyesight Helen	Spring Cleansing Sandy	Spring Cleansing Kyriaki
5.00pm-6.00pm		Ki Meridian <u>4 Week Series</u>		Ki Meridian <u>4 Week Series</u>			
6.00pm-7.00pm <u>(Open Level)</u>	Strength & Flexibility Helen	Enhanced Vision Louise	Open Vision Jack	Enhanced Vision Sandy	Sexual Ki Funky Fitness Jack & Appellee		
7.15pm-8.15pm	Flexibility & Contentment Kisha		Flexibility & Contentment Kisha				

City – NSW School of Massage

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.15 – 6.15pm	Eyesight & Flexibility Jack Marshall						

* See overleaf for class locations and details.