

ELEMENTA YOGA, PILATES & FITNESS STUDIO WINTER TIMETABLE 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					ADULT BEGINNER / GENERAL ASHTANGA YOGA 8.30 – 9.30 am (Sue Lane)
YOGALATES FIT 9.30–10.30 am (Viv Gallagher)	ADULT MAT PILATES 9.30 – 10.30 am (Ingrid Winants)	ADULT BEGINNER/GENERAL HATHA VINYASA FLOW YOGA 9.30–10.30 am (Yali McGregor)	YOGALATES FIT 9.30–10.30 am (Jennifer Allen)	ADULT MAT PILATES 9.30 – 10.30 am (Ingrid Winants)	PREGNANCY YOGA 10 – 11 am (Sue Lane)
PREGNANCY YOGA 6.00 – 7.00 PM Vicki Soper)	PREGNANCY YOGA 6.00 – 7.00 PM (Jennifer Allen)	ADULT MAT PILATES 6.00 – 7.00 pm (Ingrid Winants)	PREGNANCY YOGA 6.00 – 7.00 PM (Sue Lane)		
ADULT BEGINNER / GENERAL ASHTANGA YOGA 7.15 – 8.30 pm (Vicki Soper)	ADULT BEGINNER/GENERAL HATHA VINYASA FLOW YOGA 7.15 – 8.30 pm (Jennifer Allen)	ZUMBA 7.15 -8.15 pm (Pichuda Copeland) Note this class costs \$10 per session. Entry cost is not included in our elementa concession card delas)	ADULT BEGINNER / GENERAL ASHTANGA YOGA 7.15 – 8.30 pm (Sue Lane)		

Private sessions run early morning, during the day and early evening outside class times

This reduced timetable will run from July through to September. At this time a new timetable with more classes will be released