



ELEMENTA YOGA, PILATES & FITNESS STUDIO SUMMER TIMETABLE 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ASHTANGA VINYASA YOGA MYSORE CLASS 6.30 – 8.00am (Vicki Soper)				ADULT BEGINNER / GENERAL ASHTANGA YOGA 8.30 – 9.30 am (Sue Lane)	
YOGALATES FIT 9.30–10.30 am (Jason Saunders)	ADULT MAT PILATES 9.30 – 10.30 am (Ingrid Winants)	ADULT BEGINNER/GENERAL HATHA VINYASA FLOW YOGA 9.30–10.30 am (Vicki Soper)	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)	HATHA FLOW RESTORATIVE YOGA 9.30 - 11 am (Jennifer Allen)
MUMS & BUBS 10.45 – 11.45 am (Amanda Prasow) Commences 28/3/11						
ADULT BEGINNER/GENERAL CLASSICAL HATHA YOGA 12.00 – 1.00 pm (Amanda Prasow) Commences 28/3/11				ABS, BUMS & THIGHS 12.00 – 1.00 pm (Ingrid Winants)		
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 (Martina Gotz)			
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)	YOGALATES 7.15 – 8.15 PM (Jennifer Allen)	ADULT BEGINNER / GENERAL ASHTANGA YOGA 7.15 – 8.30 pm (Martina Gotz)			

Yoga and Pilates private sessions run early morning, during the day and early evening outside class times. No classes on public holidays