



ELEMENTA YOGA, PILATES & FITNESS STUDIO SUMMER TIMETABLE

JAN/FEB 2012 STUDIO REOPENS 16 JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					ASHTANGA YOGA 8.30 – 9.30 am (Sue Lane)	
YOGALATES FIT 9.30–10.30 am (Jason Saunders)	MAT PILATES 9.30 – 10.30 am (Ingrid Winants)	HATHA VINYASA FLOW YOGA 9.30–10.30 am (Vicki Soper)		MAT PILATES 9.30 – 10.30 am (Ingrid Winants)	PREGNANCY YOGA 10 – 11 am (Sue Lane) Commences 4 Feb 2012)	HATHA VINYASA FLOW/ RESTORATIVE YOGA 9.30 - 11 am (Commences February. Date TBC)
PREGNANCY YOGA 6.00 – 7.00 PM Vicki Soper)			PREGNANCY YOGA 6.00 – 7.00 PM (Martina Gotz)			
ASHTANGA YOGA 7.15 – 8.30 pm (Vicki Soper)		HATHA VINYASA FLOW YOGA 7.15 – 8.30 pm (Jason Sanders)	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. Check www.elementa.co.nz to pay and register on line