

TIMETABLE TERM 4 Monday 19 October – Saturday 12 December 2009

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30 am		• <i>Sunrise</i> **		• <i>Sunrise</i> **		
8.00 am						• Strong Casual* • Introductory 1 • <i>Introductory 2</i>
8.15 am	• Seniors Course					
10.00 am	• Seniors Casual	• General Casual	• <i>Mums & Little Ones</i>	• Progressive	• General Casual	• General Casual
6.15 pm	• Introductory 2 • Progressive	• Introductory 1 • Meditation	• Introductory 1 • Introductory 2	• Prenatal		• Healing Mantra and Kirtan, every Saturday 5.30 pm. By donation.
8.00 pm	• Introductory 1 • Introductory 2	• Strong Casual*	• Introductory 1 • Progressive			

** *New one hour classes*

*Strong casual means strong postures