

TIMES	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00 am		Vinyasa Beginners		Vinyasa Beginners			
8:00 am						● Ashtanga Led	
9:00 am							Vinyasa Beginners
9:30 am	● Ashtanga Led		○ Vinyasa	Ashtanga Beginners		Ashtanga Beginners	
10:30 am			Pregnancy Yoga (10:45am)				Yoga for Pain
11:00 am		Parents Yoga				Pregnancy Yoga	
12:15 pm					Mindfulness		
4:00 pm				Kids Yoga		Mysore	
4:30 pm							○ Vinyasa
5:30 pm	● Vinyasa						
5:45 pm							○ Yin by Candlelight
6:00 pm			● Ashtanga Led	○ Vinyasa	○ Yin Yang by Candlelight		
6:30 pm	Ashtanga Beginners	● Ashtanga Led					
7:00 pm			○ Vinyasa (7:30pm)	○ Yin by Candlelight			

- no flow class
- slow flow class
- fast flow class



**Courses (in pink box) require booking.** Check our website [www.yogaspaces.com.au](http://www.yogaspaces.com.au) for class updates, descriptions, prices and information on workshops and retreats.