BURN YOGA CLASS TIMETABLE

BURN YOGA

MON	TUE	WED	THU	FRI	SAT	SUN
8.30 - 9.30AM BODY BURN Instructor Joey	9:30 - 10:30AM CHAIR YOGA Instructor Joey	9.15 - 10.15AM FLOW YOGA Instructor Roger	9.30 - 10.30AM HATHA Instructor Roger	9.30 - 10.30AM YOGALATES Instructor Joey	9.00 - 10.20AM ASHTANGA Instructor Roger	9:00-10:00AM YIN YOGA Instructor Rachael
6:00 - 7:00PM PILATES Instructor Joey	6.00- 7.00PM YIN YOGA Instructor Rachael	6.00 - 7.00PM STRETCH & MOBILISE Instructor Joey	6:15-7:45PM DEEP RESET (every 4 weeks) Instructor Rachael			10:15-11:15AM YIN YOGA Instructor Rachael
	7.30-8.30PM YIN YOGA Instructor Rachael					

BOOK NOW