



Yoga Timetable as of Jan 2012

TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
5.30-8.00am	Mysore	Mysore	Mysore	Mysore	Mysore	8.00-9.25am General	9.00-10.30am General
9.30-11.30am			Mysore <small>during school terms</small>				9.30-11.20am Mysore
12.30-1.30pm	General Lunchtime		4.20-5.20pm Teenagers*	General Lunchtime			11.30-12.45pm Beginners 1 Course*
5.30-7.30pm	Mysore	6.00-7.30pm General	Mysore	6.00-7.30pm General			
	7.30-8.45pm Beginners 1or2 Course*	7.45-9.00pm Beginners 1or2 Course*	7.30-8.45pm Beginners 1or2 Course*				

*Course - booking required.

General - no booking required - Open class.

Mysore - no booking required - Open class.

Beginners 1 or 2 varies through the year. Please refer to website for course dates.

www.northsydneyyoga.com.au