

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				RL Yoga 6am-7.30am SF	
	RL Yoga/HSM fusion 9.15am-11am SF	Back Fit (Pilates plus) 9:15am - 10:15am MB	RL Yoga L1/2 9.15am-10.45am SS	Back Fit (Pilates plus) 9:30am - 10:30am MB	8 Limbs Yoga 9.45am - 11.15am EL
Dru Yoga & Med 10.30am- 12noon MS	Clinical Pilates # 9.30-10.15am MB		HSM/gentle yoga 11.15am-12.45pm SF	RL Yoga L1/2 10.45am- 12.15pm CG	
HSM/Gentle Yoga 1.15pm-2.45pm SF					SUNDAY
Back Fit (Pilates plus) 5.15pm-6.15pm MB		Back Fit (Pilates plus) 5:30pm - 6:30pm MB		Teen Pilates 4pm-4.45pm MB	
Clinical Pilates # 6.30pm-7.15pm MB	Yoga with Dani 5.30pm-6.45pm DB	Clinical Pilates # 6.30pm-7.15pm MB	Prenatal Yoga 5.30pm- 6.45pm MP	Slow Flow 5.30pm-6.45pm KH	
RL Yoga L2 6:30pm - 8pm SS	Dru yoga 7pm-8.30pm ZM	HSM/gentle yoga* 6.45pm-8pm SF		Kirtan Monthly 7.15pm-8.30pm CG	
<b>For more information</b> <a href="http://www.thespacealbury.com.au">www.thespacealbury.com.au</a>		Term 4 timetable starts on Monday October 9th - Saturday 16th December For bookings & prices contact teacher. Conces. & Yoga multiclass pass available * check with teacher for term dates. Booking required # Pilates Studio			

445 Dean Street, Albury NSW 2640

# 'The Space'



## Yoga & Pilates Timetable

Shelly Fruend (SF) 0402220274 shellyfruend@aapt.net.au

Maree Petrow (MP) 0419 014709

Marie Bucher (MB) 0438602104 anthmari@optusnet.com.au Margot Smith (MS) 0400723476 m.smith108@bigpond.com

Son Spry (SS) 0438 541356 soniaspry@bigpond.com

Cate Geard (CG) 0401 307 082 cate@categeard.com

Danielle Brink (DB) 0467086704 dani\_bee@hotmail.com

Zoe Mason (ZM) 0418294763 zoe.mason@det.nsw.edu.au

Katie Hillary (KH) 0429189829 hello@katiehillary.com

Emily lescun (EL) 0451943010 eclescun@hotmail.com