

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Slow Flow 6am- 7.15am KH		RL Yoga 6am-7.30am SF	Ashtanga Primary L1/ L2* 8am- 9.30am EL
	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	Beginner Vinyasa* 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		
HSM/Gentle Yoga 1.15pm-2.45pm SF	Mary's Yoga restorative* 11.15am-1pm MPE				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	Meditation Monthly 2pm-4pm KS
Clinical Pilates # 6.30pm-7.15pm MB	Mary's Evening Yoga* 5.30pm-6.50pm MPE	Clinical Pilates # 6.30pm-7.15pm MB	Prenatal Yoga 5.30pm- 6.45pm MP		
General/ Beg Yoga\$ 6:30pm - 8pm BD	Dru yoga 7pm-8.30pm ZM			Kirtan Monthly 7.15pm-8.30pm CG	
For more information www.thespacealbury.com.au		Term 1 timetable starts on Monday Jan 29th -Sat April 14th 2018 For bookings & prices contact teacher. Conces. & Yoga multiclass pass available * classes from March. Booking required all classes # Pilates Studio. \$ by donation			

445 Dean Street, Albury NSW 2640

'The Space'



Yoga, Pilates & Hanna Somatic Movement Timetable

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