

# BLACK MAT

YOGA + MEDITATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 am	Slow Flow Kika	Slow Flow Nicole	Hatha Marti	Breathwork + Sound Jesse	Flow Kristie		
7:30 am						Slow Flow Marley	
9:00 am							Flow Esther
9:30 am	Slow Flow Esther	Flow Lauren	Hatha Esther	Yin + Chakra Lauren	Flow Kristie	Flow Mel	Meditation 10:05am Esther
10:30 am	Meditation Esther			Meditation Lauren			
11:00 am						Breathwork + Sound El	
12:00 pm		Slow Flow Lauren	Yin Kate				
4:00 pm							Yin Marley
5:00 pm					Yin + Sound Ash		
5:45 pm		Breathwork El					
7:00 pm	Flow Esther	Yin Lauren	Slow Flow Esther				
8:00 pm				Yin Nicole			

3/70 Commercial Place Eltham

WWW.BLACKMAT.AU 0409897777