

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:30-10:45am Stretch and Energise Vim Iyengar	09:00-10:15 Babyboomers 55+ Rosemary Iyengar			Rosemary Morning workshops 09:30-10:45 Refer website	Sandra Hatha yoga 10:00-11:15am
6:30-7:45pm Essential Yoga Rosemary Iyengar	6:00-7:15pm Essential Yoga Rosemary Iyengar	6:00-7:15pm Hatha Yoga Patricia	Contacts: Rosemary 0434 593 023 Vim 0402 551 489 Patricia 0402 323 801 Destiny Wellbeing 0416 011 448		11:30-5:30pm Destiny Wellbeing <i>Clairvoyants</i>	
7:45-9:00pm Release and relax Vim Iyengar						