

Bodytree Studio YOGA SCHEDULE January

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
8:30/9am	Gentle Yoga 8:30-9:45am (Angela)	Yoga Therapy and Alignment 8:30-10:00am (Joelle)	Power Flow 8:30-9:45am (Angela)	Yin Yoga 8:45-10am (Angela)	Power Flow 8:45-10am (Angela)			<p>All classes are ladies only unless specified as mixed. Pre booking classes is encouraged to secure your spot. All classes are subject to change of instructor. If you have any questions about classes or times please call us on 02 443 4448 or 02 444 1118, or alternatively please email info@bodytreestudio.com.</p> <p>We suggest pre-booking to avoid disappointment. For classes marked with an asterisk* we highly recommend prebooking.</p>
10am		Pre Natal Yoga 10:15-11:30am (Joelle)			Pre Natal Yoga 10:15-11:30am (Zita)			<p>Green classes are ideal for beginners, all levels or students who prefer a gentler pace.</p>
					Wonder Wheel Flow First Class 17 Jan 10-11am (Michelle)			
11am & onwards					Mommy and Baby Yoga 11:45am-1pm (Zita)	Power Yoga - Mixed 11am-12:30pm (Didier)	Beginner Tai Chi First Class 12 Jan 12:30-1:30pm (Grace)	<p>Blue classes are recommended for intermediate students or minimum 6 months experience.</p>
							Intermediate Tai Chi First Class 12 Jan 2-3pm (Grace)	
EVENING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4pm & onwards							Hatha Flow - Mixed 4:30-6pm (Didier)	
5pm & onwards	Yin Yoga 5-6:15pm (Angela)		Ashtanga 5-6pm (Joelle)	Yin Yoga 5pm-6pm (Zita)				<p>Pink classes are for intermediate and advanced students only.</p>
			Vinyasa Flow - Mixed 5:30-6:30pm (Alexandra)	Gentle Yoga - Mixed 5:30-6:30pm (Joelle)				
6pm & onwards		Hatha Flow - Ladies * 6:30-7:45pm (Joelle)	Pre Natal Yoga 6-7pm (Zita)		Vinyasa Flow - Mixed Last Class 10 Jan 6:15-7:45pm (Michelle)		Beginner Yoga - Mixed 6-7:15pm (Didier)	<p>Pre Natal yoga requires a note from your medical practitioner prior to commencing.</p>
	Power Vinyasa 6:45-8pm (Sara)	Beginner Yoga - Mixed 6:30-7:45pm (Sara)	Ashtanga 1.5 Combined Series - Mixed Last Class 8 Jan 6:30-8pm (Michelle)	Hatha Flow - Mixed 6:30-7:45pm (Joelle)	Vinyasa/Ashtanga First Class 17 Jan 6:15-7:45pm (Michelle)			
			Wonder Wheel Flow First Class 15 Jan 6:30-7:30pm (Michelle)		Beginner Yoga - Mixed 6:15-7:30pm (Didier)			
7pm & onwards		Vinyasa Flow - Mixed 7:30-8:45pm (Didier)		Advanced Tai Chi - Mixed 7:30-9pm (Grace)				
8pm & onwards	Ashtanga 1.5 Combined Series - Mixed 8-9:30pm (Michelle)	Stretch 'n Snooze Restorative - Mixed 8:15-9:30pm (Angela)	Yoga Therapy and Alignment - Mixed 8:00-9:30pm (Joelle)					