

# YOGABONES TIMETABLE

Monday	9.30am Morning Hatha   6pm Power Flow   7.15pm Slow Deep Hatha
	<i>Bindi</i> <i>Anna</i> <i>Ellie</i>
Tuesday	6am Creative Flow   6pm Yin Yang Balance   7.15pm Deep Release
	<i>Bindi</i> <i>Bindi</i> <i>Bindi</i>
Wednesday	6am Yoga Synergy   9.30am Morning Hatha   6pm Creative Flow
	<i>Tina</i> <i>Kate</i> <i>Bindi</i>
Thursday	6am Strength Class   9.30am Morning Hatha   6pm Pure Yin   7.15pm Deep Release
	<i>Bindi</i> <i>Bindi</i> <i>Ellie</i> <i>Sonja</i>
Friday	6am Power Flow   9.30am Creative Flow
	<i>Anna</i> <i>Kate</i>
Saturday	7am Power Flow   8.15am Pure Yin
	<i>Bindi</i> <i>Bindi</i>
Sunday	8.30am Pure Yin
	<i>Bindi</i>

YOGA



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