

# Yoga Room Timetable



Monday		
6.00 - 7.30 am	General	Maurice
12 noon – 1pm	Lunchtime Yoga	
6.00 - 7.30 pm	Beginner	Maurice
Tuesday		
9.00 - 11.00 am	Group Practice	
6.00 - 7.30 pm	General	Maurice
7.30 - 9.00 pm	Beginners Course*	Maurice
Wednesday		
6.00 - 7.30 am	Experienced	Maurice
12 noon – 1pm	Lunchtime Yoga	Maurice
6.00 - 7.30 pm	General	Dom
7.30 - 9.00 pm	Beginners Course*	Dom
Thursday		
9.00 - 11.00 am	Group Practice	
6.00 - 7.30 pm	General	Dom
Friday		
6.00 - 7.30 am	General	Maurice
12 noon – 1pm	Lunchtime Yoga	Maurice
Saturday		
7.00 - 8.30 am	General	Maurice
9.00 – 10.00 am	General/Beginner	Trainee
Sunday		
8.00 – 9.30 am	General	Dom

\*This is a 6 week course. Bookings are essential, see website or call for course start dates.

**No classes on Public Holidays. See the website for the most recent Timetable**

Upstairs Big 'B' Arcade, 50 James St., Burleigh Heads

Tel. 0438 837 244

[yogaroom.com.au](http://yogaroom.com.au)