

KUNDALINI HOUSE STUDIO TIMETABLE

		Monday	Tuesday	Wed	Thursday	Friday	Saturday
M O R N			10-11:30 Kundalini Yoga Gurudaya Casual	9:30 - 11 Yogalates Course Panya (Plse Book)	9:30 - 11 Pre-natal Yoga (Plse Book)		8 - 9:30 Kundalini Yoga Billie Casual
					11:15- 12:15 Buddha Babies (Plse Book)		10-11:15 Kundalini Yoga/ Meditation Gurudaya Casual
E V E	4:30-5:15 KIDS YOGA 5-12 yrs Rachel	<i>Please book for Kids Yoga Course</i>	5:30-6:45 Hatha Yoga Rachel Casual	5:30-6:45 Kundalini Yoga Course Vicky (Plse Book)	5:30-6:45 Kundalini Yoga Course Vicky (Plse Book)	7 -8pm Guided Meditation	7 - 9pm Kundalini Yoga Chanting See Dates
	7-8:30 Hatha Yoga Rachel Casual	6:30 -8 Hatha Course Belinda (Plse Book)	7 -8:15 Kundalini Yoga Course Billie (Plse Book)	7 -8:15 Kundalini Yoga Course Vicky (Plse Book)	7 -8:15 Kundalini Yoga Course Vicky (Plse Book)	8 -9pm Silent Meditation	
				8:30-9:45 Yogalates Course Panya (Plse Book)	8:30-9:45 Yogalates Course Panya (Plse Book)	8 -9pm Silent Meditation Paul Casual	

Timetable valid from 25th August - 20th December 2008

Note: Classes run through the school holidays. No classes public holidays.

Casual \$17/14

6 Class Pass or Course \$90/75

3 Class Newcomers Pass \$40/33

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No classes public holidays.