



YOGAHUB

Spring 2017 Timetable



Ashtanga • Vinyasa • Yin • Hatha • Pranayama • Meditation

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Spring 2017 • Please check our website for any updates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
■ 5:45 - 7:15AM Mysore Mornings	■ 5:45 - 7:15AM Mysore Mornings	■ 5:45 - 7:15AM Mysore Mornings	■ 5:45 - 7:15AM Mysore Mornings	■ 5:45 - 7:15AM Mysore Mornings	■ 7:15 - 9AM Mysore Mornings	■ 8:30 - 10AM Sunday Best
■ 6 - 7:15AM Beginners Immersion	■ 6 - 7:15AM Beginners Immersion	■ 6 - 7:15AM Beginners Immersion	■ 6 - 7:15AM Beginners Immersion		■ 7:45 - 9AM Ashtanga Flow	
■ 9:30 - 11AM Align & Flow Vinyasa	■ 9:30 - 11AM Fire Flow	■ 9:30 - 11AM Align & Flow Vinyasa	■ 9:30 - 10:45AM Flow Motion	■ 9:30 - 11:00AM Align & Flow Vinyasa	■ 9:15 - 10:30AM I Heart Hatha	■ 10:15 - 11:30AM The Yin Crowd
					■ 10:45 - 11:45AM AcroYoga Course Starts 14 Oct	
■ 6 - 7:25PM Beginners Foundations	■ 6 - 7:25PM Ashtanga Talk Through & Mysore	■ 6 - 7:15PM Fire Flow	■ 6 - 7:25PM Ashtanga Talk Through & Mysore			■ 4 - 5:30PM Beginners Foundation
■ 7:30 - 8:45PM Yin & Tonic	■ 7:30 - 9PM Beginners Foundations	■ 7:30 - 8:45PM The Yin Crowd	■ 7:30 - 8:30PM AcroYoga Course Starts 24 Aug			■ 4 - 6PM Pranayama & Meditation Starts 1 Oct

■ Drop in & no yoga experience required

■ This is part of a course

■ Some Ashtanga experience required