



YOGAHUB

Timetable Summer 2019



Ashtanga • Vinyasa • Yin • Hatha • Pranayama • Meditation

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Timetable Summer 2019 • Check the website for updates and course start dates

| 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 | | |
| 6 - 7:15AM Beginners Immersion | 6 - 7:15AM Beginners Immersion | 6 - 7:15AM Beginners Immersion | 6 - 7:15AM Beginners Immersion | | | |
| 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 - 10:15AM I Heart Hatha | 8:30 - 10AM Sunday Best |
| | | | 1:45 - 3:00PM Being with Baby | | 10:30 - 12PM Ashtanga Led & Self Practice | 10:15 - 11:30AM The Yin Crowd |
| 5.15 - 6.15PM I Heart Hatha for Beginners | 4:30 - 5:45PM Qigong | 4:30 - 5:30PM Therapeutic Yoga | 5:15 - 6:25PM Ashtanga Led & Self Practice | 5:30 - 6:30PM Slow Flow Fridays | 12:30 - 1:30PM Healcode Trauma Sensitive Yoga | |
| 6.30 - 8PM Beginners Foundations | 6 - 7:20PM Ashtanga Led & Self Practice | 6 - 7:10PM Fire Flow | 6:30 - 8:00PM I Heart Hatha Advanced | 6:45 - 7:45PM Sound Yoga Nidra (Monthly) | 2 - 3:30PM Song to Soul Women's Choir | 4 - 5:30PM Beginners Foundations |
| | 7:30- 8:30PM Pre & Post Natal Yoga | 7:15 - 8:30PM Yin & Tonic | | | | |

■ Drop in class
 ■ This is part of a course
 ■ Some Ashtanga experience required
 ■ Bookings required