

INNERSPACEYOGA NEW TIMETABLE - COMMENCES 29TH OCTOBER 2019

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	SALUTE THE SUN - 75 MINS	SALUTE THE SUN - 45 MINS	SALUTE THE SUN - 45 MINS	SALUTE THE SUN - 45 MINS	SALUTE THE SUN - 75 MINS		
7:15 AM		SALUTE THE SUN - 45 MINS	SALUTE THE SUN - 45 MINS	SALUTE THE SUN - 45 MINS			
8:00 AM						OPEN FLOW - 60 MINS	OPEN FLOW - 60 MINS
9:15 AM						OPEN FLOW - 60 MINS	BEGINNERS - 75 MINS
4:30 PM							YIN - 60 MINS
5:30 PM							
5:45 PM		OPEN FLOW - 75 MINS			BEGINNERS - 75 MINS		
6:00 PM			OPEN FLOW - 60 MINS	SLOW FLOW - 60 MINS			
7:15 PM		YIN - 60 MINS					

For full class descriptions go to www.innerspaceyoga.com.au/yogaclasses