

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
am	6.30am Led Practice L 1	6.00am L 1 Amanda	6.00am L 2 David	6.45am * INTRO Harriet	6.00am Led Practice L 2	7.00am L 2 David	7.00am Teachers Practice	
						9.00am L 1 David	9.00am * PRANAYAMA Amanda	
	10.00am L 1 Candace	10.00am L 3 Amanda	10.00am * L 1 David	10.00am * L 2 Amanda	10.00am INTRO David	10.45am INTRO Candace	10.00am L 2 Amanda	
Term 1 2019 February 4th – April 14th						 HAMILTON YOGA lyengar yoga school	12.15pm * Teens Yoga Candace	12.00pm L 1 Amanda
pm	Bridge to Yoga 2.00pm Amanda	3.30pm * Children's Yoga Harriet	1.00pm * 50+ David				2.00pm Prenatal Amanda	
	5.30pm INTRO Amanda	5.30pm L 1 David	5.30pm INTRO Amanda	5.30pm * L 1 David			4.00pm INTRO Harriet	
	7.00pm L 2 Amanda	7.15pm INTRO David	7.00pm L 1 Amanda	7.15pm * Intro to L 2 David			5.30pm L 1 * Harriet	

Class length – Childrens / Teens: 1hr - Prenatal / 50+/ Bridge: 1 ¼ hr - Level 1 / Intro to 2: 1 ½ hr - Level 2: 1 ¾ hr

Level 3: 2 hrs - Pranayama: ¾ hr. * Led Practice & Bridge to Yoga attendance is by enrolment only. * depicts new class or new time

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