

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30-8am <i>Deepening/Expanding With Jo</i>			8-9am ZOOM <i>All Welcome Practice With Changing Teacher</i>	9-10am <i>Aerial Deepening With Emma</i>
9:45-11am <i>Postnatal With Meredith</i>	9:30-10:45am <i>Foundation/Deepening With Cath</i>	10:15-11:45am <i>Young@Heart With Jeanette</i>	10-11am <i>Inner Ease With Dani</i>	9:30-10:30am <i>5 weeks block Pilates With Bonita</i> Starting 24 th July	9:30-10:45am <i>All Welcome Practice With Changing Teacher</i>	10:45-11:45am <i>Aerial Foundation With Emma</i>
12:15-1:30pm <i>Prenatal With Meredith</i>	12-1pm <i>Lunch time With Cath</i>	12:30-1:15 <i>Aerial With Emma</i>	12-1pm <i>Mindfulness With Lachlan</i>	12-1pm <i>Lunch time With Emma</i>		3-4:30pm 1 st Sunday of each month Inner Ease tea and tips with Dani
4-5pm <i>6 week Youth Yoga With Bonita</i> Starting 27 th July			5:30-6:30pm <i>All levels welcome With Emma</i>	2-3:30pm <i>Young@Heart With Jeanette</i>		5:30-6:30pm <i>Metta With Lauren</i>
6-7:15pm <i>Foundation/Deepening With Cath</i>	7-8pm <i>Inner Ease With Dani</i>	6-7:15pm <i>Prenatal With Meredith</i>	7:15-8:30pm <i>Foundation/Deepening With Jo</i>			