



# Blue Mountains yoga studio



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## Timetable

<b>Mon</b>		9.30-11am Beg Course*	2-3.15pm Remedial*	6.30-8pm Level 2	6.30-8pm Level 1
<b>Tues</b>	9.30-11am Over 50			5.15-6.45pm Level 2	
<b>Wed</b>	7-8.30am Level 2	9.30-11am Level 1			7-8.30pm Introductory Course*
<b>Thurs</b>		9.30-11.30am* Level 3		5.15-6.45pm Level 2	7-8.30pm Level 1
<b>Fri</b>	6.30-8am Led Practice (Level 3)	9.30-11am Level 1			
<b>Sat</b>		8.15-9.45am Level 2	10-11.30am Level 1		
<b>Sun</b>					5.30-7pm Level 2

From Feb 2007

\*These classes are not open to casual attendance. Bookings essential.

- Level 1: For those with under 6 months experience of Yoga.
- Level 2: General Level. For students who have been attending classes regularly.
- Level 3: Experienced. Students who attend regularly and maintain a home practice