



4/118 Main Street Katoomba NSW 2780 Enquiries Tel/fax: 02 4782 6718 Email: lulu@bmyogastudio.com.au

Timetable

Mon		10.30am-12.00pm Level 1	2-3.15pm Remedial*	6.30-8pm Level 2	6.30-8pm Level 1
Tues	9.30-11am Over 50s	9.30-11am Level 2		5.15-6.45pm Level 2	
Wed	7-8.30am Level 1/2	9.30-11am Level 2			6.30-8pm Introductory Course*
Thurs		9.30-11.30am* Level 3		6.30-8pm Level 2	6.30-8pm Level 1
Fri	6.30-8am Led Practice (Level 3)	9.30-11am Level 1			
Sat		8.15-9.45am Level 2	10-11.30am Level 1		
Sun					5.30-7pm Level 2

***term 1 introductory course starts Feb 9th, term 2 april 28th, term 3 july 20, term 4 oct 12.
(please note these dates may vary at times, please ring the school for confirmation and bookings)**

*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