

# TIMETABLE

---

## MONDAYS

9.30-11.00 am	<b>Gentle Yoga</b>	Cheryl
11.15-12.15 pm	<b>Yoga Tots</b>	Cheryl
5.15-6.45 pm	<b>Pregnancy Yoga</b>	Erin
7.00-8.30 pm	<b>General Yoga</b>	Erin

---

## TUESDAYS

6.00-7.00 am	<b>Ashtanga Vinyasa</b>	Teri
10.30-12.00 pm	<b>Yoga Babes*</b>	Teri
1.00-2.30 pm	<b>Yoga Babes*</b>	Teri
4.00-5.00 pm	<b>Yoga 4 Teens*</b>	Liz
5.30-6.45 pm	<b>Beginners 2*</b>	Cheryl
7.00-8.15 pm	<b>Beginners 1*</b>	Cheryl

---

## WEDNESDAYS

5.30-6.30 pm	<b>Rehab Pilates*</b>	Susan
7.30-9.00 pm	<b>Meditation</b>	Kelsang Kyobpa

---

## THURSDAYS

6.00-7.00 am	<b>Ashtanga Vinyasa</b>	Teri
5.15-6.45 pm	<b>Pregnancy Yoga</b>	Sara

---

## FRIDAYS

11.30-12.30 am	<b>Rehab Pilates*</b>	Susan
----------------	-----------------------	-------

---

## SATURDAYS

8.00-9.30 am	<b>General Yoga</b>	Erin
10.00-11.30 am	<b>Pregnancy Yoga</b>	Erin

---

\* Booking required

THE  
YOGA  
TREE

Cnr. Lake Rd & Tennyson Ave,  
Takapuna  
(entrance Tennyson Ave)  
Tel: 4899 311  
info@theyogatree.co.nz  
www.theyogatree.co.nz

11/2011