



OFF THE WALL

YOGA · CENTRE

MON	TUE	WED	THUR	FRI	SAT	SUN
ACTIVE STRETCH Phoebe Phillips 6:00 - 7:00 am	VINYASA Walt Johnston 6:00 - 7:00 am	POWER HOUR Kate Porotto 6:00 - 7:00 am	ACTIVE STRETCH Kate Porotto 6:00 - 7:00 am	ACTIVE STRETCH Walt Johnston 6:00 - 7:30 am	VINYASA Kate Porotto 8:00 - 9:15 am	POWER HOUR Kate Porotto 8:00 - 9:00 am
HATHA VINYASA Jane Underwood 9:30 - 11:00 am	HATHA Peter Humphry 9:30 - 11:00 am	HATHA Jane Underwood 9:30 - 11:00 am	HATHA VINYASA Phoebe Phillips 9:30 - 11:00 am	INTERMEDIATE/ HATHA Jane Underwood 9:30 - 11:00 am	ALL LEVELS Kale Leaf 10:00 - 11:30 am	
	MUMS & BUBS Kate Porotto 12:15 - 1 pm	SENIORS Steph Wright 11:15 - 12:30 pm		SENIORS Steph Wright 11:15 - 12:30 pm		
CAPOEIRA TODDLERS Natalie Delfiner 2:30 - 3:15 PM	KIDS (3-8) Vanessa Wintoneak 3:30 - 4:00 PM					
	YOUTH (11-15) Vanessa Wintoneak 4:00 - 5:00 PM					
BEGINNERS Jane Underwood 5:15 - 6:30 pm	BEGINNERS Donna Hamilton 5:15 - 6:30 pm	BEGINNERS Jane Underwood 5:15 - 6:30 pm	PREGNANCY Kate Porotto 5:15 - 6:30 pm	COMMUNITY CLASS Teacher trainees from Fremantle Yoga Centre's Teacher Training Course. Proudly supporting <i>beyondblue</i> 5:15 - 6:30 pm		
YIN Fiona Galloway 6:30 - 8:00 pm	VINYASA Kate Porotto 6:30 - 7:45 pm	ALL LEVELS Donna Hamilton 6:30 - 8:00 pm	VINYASA Laura Kogalow 6:30 - 7:45 pm			