



# OFF THE WALL

YOGA · CENTRE

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