



# FREMANTLE

YOGA • CENTRE

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>VINYASA FLOW</b> Instructor: Walt Johnson 6:00- 7:15 am	<b>VINYASA FLOW</b> Instructor: Laura Kolagow 6:00- 7:15 am	<b>VINYASA FLOW</b> Instructor: Steph Wright 6:00- 7:15 am	<b>VINYASA FLOW</b> Instructor: Phoebe Phillips 6:00- 7:15 am	<b>VINYASA FLOW</b> Instructor: Jane Underwood 6:00- 7:15 am	<b>INTERMEDIATE/ EXPERIENCED</b> Instructor: James McIntyre 8:00 - 9:45 am	<b>STRETCH - RELAX - RENEW</b> Instructor: Kate Porotto 10:00 - 12:00 pm
<b>OPEN</b> Instructor: Walt Johnson 9:30 - 11:15 am	<b>WOMEN &amp; PREGNANCY</b> Instructor: Kate Porotto 9:30 - 11:15 am	<b>OPEN</b> Instructor: Mary Swan 9:30 - 11:30 am	<b>OPEN</b> Instructor: Walt Johnson 9:30 - 11:15 am	<b>OPEN</b> Instructor: Mary Swan 10:00 - 12:00 pm	<b>BEGINNERS</b> Instructor: James McIntyre 10:00 - 11:45 am	
<b>LUNCHTIME STRETCH</b> Instructor: Peter Humphry 12:00 - 1:00 pm				<b>SOUND HEALING</b> Instructor: Julian Silburn 12:30 - 2:00 pm	<b>WOMEN &amp; PREGNANCY</b> Instructor: Kate Porotto 12:00 - 1:45 pm	
<b>INTERMEDIATE</b> Instructor: Kale Leaf 5:00 - 6:30 pm	<b>THERAPEUTIC</b> Instructor: Kale Leaf 4:45 - 6:30 pm	<b>INTERMEDIATE</b> Instructor: Kale Leaf 5:00 - 6:30 pm	<b>THERAPEUTIC</b> Instructor: James McIntyre 4:45 - 6:30 pm			<b>SOUND HEALING</b> Instructor: Julian Silburn 3.15 - 4.45 pm
<b>BEGINNERS</b> Instructor: Kale Leaf 6:30 - 8:00 pm	<b>INTERMEDIATE/ EXPERIENCED</b> Instructor: Jane Underwood 6:30 - 8:15 pm	<b>BEGINNERS</b> Instructor: Kale Leaf 6:30 - 8:00 pm	<b>INTERMEDIATE/ EXPERIENCED</b> Instructor: James McIntyre 6:30 - 8:15 pm			<b>OPEN</b> Instructor: Karren McMahon 5:00 - 6:30 pm



MON	TUE	WED	THUR	FRI	SAT	SUN
<p><b>IYENGAR</b></p> <p>Instructor: Jen Goldberg</p> <p>6:00 - 7:30 am</p>	<p><b>VINYASA</b></p> <p>Instructor: Walt Johnston</p> <p>6:00 - 7:00 am</p>	<p><b>POWER HOUR</b></p> <p>Instructor: Kate Porotto</p> <p>6:00 - 7:00 am</p>	<p><b>ACTIVE STRETCH</b></p> <p>Instructor: Kate Porotto</p> <p>6:00 - 7:00 am</p>	<p><b>ACTIVE STRETCH</b></p> <p>Instructor: Walt Johnston</p> <p>6:00 - 7:30 am</p>	<p><b>VINYASA</b></p> <p>Instructor: Kate Porotto</p> <p>8:00 - 9:15 am</p>	<p><b>POWER HOUR</b></p> <p>Instructor: Kate Porotto</p> <p>8:00 - 9:00 am</p>
<p><b>HATHA VINYASA</b></p> <p>Instructor: Jane Underwood</p> <p>9:30 - 11:00 am</p>	<p><b>HATHA</b></p> <p>Instructor: Peter Humphry</p> <p>9:30 - 11:00 am</p>	<p><b>HATHA</b></p> <p>Instructor: Jane Underwood</p> <p>9:30 - 11:00 am</p>	<p><b>IYENGAR</b></p> <p>Instructor: Nari Hales</p> <p>9:30 - 11:00 am</p>	<p><b>INTERMEDIATE/ HATHA</b></p> <p>Instructor: Jane Underwood</p> <p>9:30 - 11:00 am</p>	<p><b>ALL LEVELS</b></p> <p>Instructor: Kale Leaf</p> <p>10:00 - 11:30 am</p>	
<p><b>MUMS &amp; BUBS</b></p> <p>Instructor: Kate Porotto</p> <p>11:30 - 12:45 pm</p>		<p><b>SENIORS</b></p> <p>Instructor: Steph Wright</p> <p>11:15 - 12:30 pm</p>		<p><b>SENIORS</b></p> <p>Instructor: Steph Wright</p> <p>11:15 - 12:30 pm</p>		
<p><b>YOUTH YOGA</b></p> <p>11-15 YEARS</p> <p>Instructor: Vanessa Wintoneak</p> <p>4:00 - 5:00 pm</p>			<p><b>KIDS YOGA 3-6</b></p> <p>Instructor: Vanessa Wintoneak</p> <p>4:00 - 4:30 pm</p>			
			<p><b>KIDS YOGA 7-10</b></p> <p>Instructor: Vanessa Wintoneak</p> <p>4:30 - 5:00 pm</p>			
<p><b>BEGINNERS</b></p> <p>Instructor: Jane Underwood</p> <p>5:15 - 6:30 pm</p>	<p><b>BEGINNERS</b></p> <p>Instructor: Tom Belotti</p> <p>5:15 - 6:30 pm</p>	<p><b>BEGINNERS</b></p> <p>Instructor: Jane Underwood</p> <p>5:15 - 6:30 pm</p>	<p><b>PREGNANCY</b></p> <p>Instructor: Kate Porotto</p> <p>5:15 - 6:30 pm</p>	<p><b>COMMUNITY CLASS</b></p> <p>Proudly supporting <i>beyondblue</i></p> <p>5:15 - 6:30 pm</p>		
<p><b>YIN</b></p> <p>Instructor: Fiona Galloway</p> <p>6:30 - 8:00 pm</p>	<p><b>VINYASA</b></p> <p>Instructor: Kate Porotto</p> <p>6:30 - 7:45 pm</p>	<p><b>ALL LEVELS</b></p> <p>Instructor: Sarah Howlett</p> <p>6:30 - 8:00 pm</p>	<p><b>YIN YANG YOGA</b></p> <p>Instructor: Fiona Galloway</p> <p>6:30 - 8:00 pm</p>	<p><b>RESTORATIVE</b></p> <p>Instructor: Santha Dakini</p> <p>6:30 - 8:00 pm</p>		