



FREMANTLE

YOGA • CENTRE

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