

TIME TABLE

At the studio in Saltwater Building,
Corner Macrossan & Grant Streets

	LEVEL	INSTRUCTOR
MONDAY		
9:15 - 10:45am	Hatha - Gentle	Shirley
6:00 - 7:30pm	Hatha - Beginner to Intermediate	Tricia
TUESDAY		
9:15 - 10:45am	Hatha - Beginner to Intermediate	Lesley
5:30 - 7:00pm	Hatha - Beginner to Intermediate	Alana
WEDNESDAY		
5:30 - 7:00pm	Yin - Beginner to Intermediate	Mia
4:00 - 5:00pm	Kids Yoga - term dates	Lesley
THURSDAY		
7:30 - 8:30am	Energising Flow	Tricia
9:15 - 10:45am	Restorative - Relax & Renew	Mia
FRIDAY		
9:15 - 10:45am	Hatha - Beginner to Intermediate	Lesley
SATURDAY		
8:00 - 9:30am	Vinyasa Flow	Noeline
SUNDAY		
5:00 - 6:30pm	Yin - Beginner to Intermediate	Mia & Noeline

A REGULAR PROGRAMME OF SUNDAY HALF DAY AND FULL DAY WORKSHOPS
WILL APPEAR ON PORT DOUGLAS YOGA WEBSITE / PORT DOUGLAS YOGA
STUDIO FB PAGE OR IF YOU WISH TO RECEIVE NOTIFICATIONS BY EMAIL,
PLEASE SEND YOUR REQUEST TO: lesleyj2301@gmail.com