



MON

TUE

WED

THU

FRI

SAT

SUN

M&B: Mums and Bubs (90 minute class)
M&M: Mums and Movers (1 hour class)
PN: Pre-natal

Key

Level 1 Suitable for beginners. Provides students with a strong foundation in the principles of InSync Yoga.

Level 2 Assumes a basic grounding in the core principles of InSync Yoga. Provides an opportunity to develop more skill in asana and explore the wider field of yoga.

Level 3 Suitable for dedicated practitioners looking to deepen their practice and maximise their growth and evolution.

Please Note

Meditation 1 & 2 sessions are for InSync-trained meditators and run for 1 hr.
All classes finish 5 minutes before to allow for a smooth transition.
Your primary teacher may be supported by other teachers.

1	2	3
6.45am - 8am Sacred Yoga		5.30pm - 7pm Power Yoga (1&2)
12.30pm - 1.30pm General Yoga (1&2)		
5.30pm- 7pm Yoga Dance/ Vinyasa Flow		

4	5	6	7	8	9	10
9.30am M&B Yoga 11.15am M&M Yoga 12.30pm - 1.30pm General Yoga 5.15pm - 6.15pm General Yoga (1) 6.15pm Meditation (1&2) 7.15pm - 8.45pm General Yoga (1&2)	5.30pm - 6.45pm Power Yoga (1&2) 6.45pm - 7.45pm General Yoga (1&2) 7.45pm - 9pm Yoga for back, neck & joint care	4.45pm - 5.15pm Yoga Nidra/Relax 5.15pm - 6.15 pm General Yoga (1&2) 6.15pm - 7.15 pm Power Yoga (1&2)	12.30pm Meditation 2 5.15pm - 6.15pm General Yoga (1&2) 6.15pm - 7.15pm Power Yoga (1&2) 7.15pm- 8.45pm Pre-natal Yoga	6.45am - 8am Sacred Yoga 12.30pm - 1.30pm General Yoga (1&2) 5.30pm - 7pm Yoga Dance/ Vinyasa Flow	8.00am - 9.15am Power Yoga (NEW)	5.30pm - 7pm Power Yoga (1&2)

11	12	13	14	15	16	17
9.30am M&B Yoga 11.15am M&M Yoga 12.30pm - 1.30pm General Yoga 5.15pm - 6.15pm General Yoga (1) 6.15pm Meditation (1&2) 7.15pm - 8.45pm General Yoga (1&2)	6.15pm - 7pm Meditation 1 5.30pm - 6.45pm Power Yoga (1&2) 6.45pm - 7.45pm General Yoga (1&2) 7.45pm - 9pm Yoga for back, neck & joint care	4.45pm - 5.15pm Yoga Nidra/Relax 5.15pm - 6.15 pm General Yoga (1&2) 6.15pm - 7.15 pm Power Yoga (1&2)	12.30pm Meditation 2 5.15pm - 6.15pm General Yoga (1&2) 6.15pm - 7.15pm Power Yoga (1&2) 7.15pm- 8.45pm Pre-natal Yoga	6.45am - 8am Sacred Yoga 12.30pm - 1.30pm General Yoga (1&2) 5.30pm - 7pm Yoga Dance/ Vinyasa Flow	8.00am - 9.15am Power Yoga Meditation Program 1 Starts Today (Suitable for Beginners) <i>Bookings Essential</i> 9:30am - 11:30am Innovative Women's Class (NEW) <i>Bookings Essential</i> (All Welcome!)	5.30pm - 7pm Power Yoga (1&2)

18	19	20	21	22	23	24
12.30pm - 1.30pm General Yoga 5.15pm - 6.15pm General Yoga (1) 6.15pm Meditation 2 7.15pm - 8.45pm General Yoga (1&2)	5.30pm - 6.45pm Power Yoga (1&2) 6.45pm - 7.45pm General Yoga (1&2) 7.45pm - 9pm Yoga for back, neck & joint care 7.45pm Yogic and Wisdom Text Studies	4.45pm - 5.15pm Yoga Nidra/Relax 5.15pm - 6.15 pm General Yoga (1&2) 6.15pm - 7.15 pm Power Yoga (1&2)	12.30pm Meditation 2 5.15pm - 6.15pm General Yoga 6.15pm - 7.15pm Power Yoga (1&2) 7.15pm- 8.45pm Pre-natal Yoga	Good Friday Public Holiday	Life Coaching Training Program Begins	

25	26	27	28	29	30
Easter Monday Public Holiday	ANZAC Day Public Holiday	4.45pm - 5.15pm Yoga Nidra/Relax 5.15pm - 6.15 pm General Yoga (1&2) 6.15pm - 7.15 pm Power Yoga (1&2) 7.30pm - 9.30pm InSync Kirtan! <i>(All Welcome!)</i>	12.30pm Meditation 2 5.15pm - 6.15pm General Yoga 6.15pm - 7.15pm Power Yoga (1&2) 7.15pm- 8.45pm Pre-natal Yoga	6.45am - 8am Sacred Yoga 12.30pm - 1.30pm General Yoga (1&2) 5.30pm- 7pm Yoga Dance/ Vinyasa Flow	