



MON

TUE

WED

THU

FRI

SAT

SUN

PN: Pre-natal

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.

* Non casual class

Meditation 1 This session is for those who have completed the Meditation Program 1 Course and runs for 1 hour.

Meditation 2 This session is for those who have completed the Meditation Program 2 Course and runs for 1 hour.

Key

Please note as of 9 May our Wednesday General Yoga class will start at 5.30pm and will be casual

	1	2	3	4	5	6
	5.30pm - 7.00pm Power Yoga (1&2) 6.15pm - 7.00pm Meditation (1) 7.00pm - 8.30pm General Yoga (1&2) 6.15pm - 7.00pm Meditation (1)	12.30pm - 1.30pm General Yoga (1&2) 5.15pm - 6.30 pm* General Yoga (1&2) 6.30pm - 7.30pm Power Yoga (2)	12.30pm - 1.30pm Meditation (2) 5.30pm - 7.00pm General Yoga 7.00pm- 8.30pm Pre-natal Yoga	6.45am - 8.00am Sacred Yoga 12.30pm - 1.30pm General Yoga (1)		5.30pm - 7.00pm Power Yoga (1&2)
7	8	9	10	11	12	13
12.30pm - 1.30pm General Yoga (1) 5.15pm - 6.15pm General Yoga (1) 6.15pm Meditation(2) 7.15pm - 8.45pm General Yoga (1&2)	5.30pm - 7.00pm Power Yoga (1&2) 7.00pm - 8.30pm General Yoga (1&2) 7.45pm - 9.00pm Wisdom Studies	12.30pm - 1.30pm General Yoga (1&2) 5.30pm - 6.30 pm General Yoga (1&2) 6.30pm - 7.30pm Power Yoga (2)	12.30pm - 1.30pm Meditation (2) 5.30pm - 7.00pm General Yoga 7.00pm- 8.30pm Pre-natal Yoga	6.45am - 8.00am Sacred Yoga 12.30pm - 1.30pm General Yoga (1) Spiritual Movie Night (Red Dog) 7.30pm - 9.30pm		5.30pm - 7.00pm Power Yoga (1&2)
14	15	16	17	18	19	20
12.30pm - 1.30pm General Yoga (1) 5.15pm - 6.15pm General Yoga (1) 6.15pm Meditation(2) 7.15pm - 8.45pm General Yoga (1&2)	5.30pm - 7.00pm Power Yoga (1&2) 6.15pm - 7.00pm Meditation (1) 7.00pm - 8.30pm General Yoga (1&2)	12.30pm - 1.30pm General Yoga (1&2) 5.30pm - 6.30 pm General Yoga (1&2) 6.30pm - 7.30pm Power Yoga (2)	12.30pm - 1.30pm Meditation (2) 5.30pm - 7.00pm General Yoga 7.00pm- 8.30pm Pre-natal Yoga	6.45am - 8.00am Sacred Yoga 12.30pm - 1.30pm General Yoga (1)		5.30pm - 7.00pm Power Yoga (1&2)
21	22	23	24	25	26	27
12.30pm - 1.30pm General Yoga (1) 5.15pm - 6.15pm General Yoga (1) 6.15pm Meditation(2) 7.15pm - 8.45pm General Yoga (1&2)	5.30pm - 7.00pm Power Yoga (1&2) 7.00pm - 8.30pm General Yoga (1&2)	12.30pm - 1.30pm General Yoga (1&2) 5.30pm - 6.30 pm General Yoga (1&2) 6.30pm - 7.30pm Power Yoga (2)	12.30pm - 1.30pm Meditation (2) 5.30pm - 7.00pm General Yoga 7.00pm- 8.30pm Pre-natal Yoga	6.45am - 8.00am Sacred Yoga 12.30pm - 1.30pm General Yoga (1) Transformative Wisdom Program 7.00pm - 9.00pm	Transformative Wisdom Program 8.00am - 9.15pm	Transformative Wisdom Program 8.00am - 5.15pm 5.30pm - 7.00pm Power Yoga (1&2)
28	29	30	31			
12.30pm - 1.30pm General Yoga (1) 5.15pm - 6.15pm General Yoga (1) 6.15pm Meditation(2) 7.15pm - 8.45pm General Yoga (1&2)	5.30pm - 7.00pm Power Yoga (1&2) 7.00pm - 8.30pm General Yoga (1&2)	12.30pm - 1.30pm General Yoga (1&2) 5.30pm - 6.30 pm General Yoga (1&2)* 6.30pm - 7.30pm Power Yoga (2) InSync Kirtan 7.30pm - 9.30pm	12.30pm - 1.30pm Meditation (2) 5.30pm - 7.00pm General Yoga 7.00pm- 8.30pm Pre-natal Yoga			