

## Group Timetable at Autumn Retreat (bookings via teachers is essential)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6.45am-7.45am <b>Gita style yoga</b> with Tash 0408 942 567	6.45am-7.45am <b>Gita style yoga</b> with Tash 0408 942 567	7am-8am <b>Pilates</b> with Clare 0402 907 371		
		8.00am-9.00am <b>Pilates</b> with Clare 0402 907 371			9.00am-10.15am <b>Pre &amp; Postnatal Yoga</b> with Francine 0425 832 272	
10am-11.30am <b>Meditation</b> with Toula 0417 531 525		9.30am-10.45am <b>Mums &amp; Bubs Yoga</b> with Kari 0403 548 281	9.30am-10.30am <b>Gita style yoga</b> with Tash 0408 942 567	9.30am-10.30am <b>Pilates</b> with Clare 0402 907 371		
4pm-4.45pm <b>Children's Yoga</b> with Anita 0418 998 862			Time TBC <b>Reiki Group</b> with Autumn 9416 9872		2.00pm - 5.30pm <b>Meditation</b> with Toula 0417 531 525	
5.00pm-6.00pm <b>Teen Yoga 12yrs +</b> with Anita 0418 998 862						
	6pm-7.15pm <b>Hatha Yoga</b> with Sarah 0402 681 424	6pm-7.15pm <b>Prenatal Yoga</b> with Kari 0403 548 281	6pm-7pm <b>Gita Style Yoga</b> with Tash 0408 942 567			
7.30pm-8.45pm <b>Hatha Yoga</b> with Francine 0425 832 272	7.30pm-8.45pm <b>Hatha Yoga</b> with Sarah 0402 681 424	7.30pm-9.00pm <b>Meditation</b> with Toula 0417 531 525	7.15pm-8.15pm <b>Gita style yoga</b> with Tash 0408 942 567			