



Kundalini House

YOGA TIMETABLE



MON	TUE	WED	THU	FRI	SAT	SUN
6:30 - 7:30 Hatha Flow Yoga Georgia	6:30 - 7:30 Kundalini Yoga Kathy	6:30 - 7:30 Hatha Yoga Rhonda	6:30 - 7:45 Kundalini Yoga Dharamjot	6:30 - 7:30 Hatha Flow Yoga Shilpa	7:15 - 8:30 Hatha Yoga Rhonda	
8:00 - 9:00 Integrative Qi Gong Joanna		8:00 - 9:00 Kundalini Yoga Sabine	8:00 - 9:00 Tantric Hatha Yoga Whitney	8:00 - 9:00 Integrative Qi Gong Rachel		8:00 - 9:15 Kundalini Yoga Mary
9:30 - 10:30 Yin Yoga Joanna	9:30 - 10:45 Kundalini Yoga Billie	9:30 - 10:30* Meditation Community Class Sabine			9:00 - 10:15 Kundalini Yoga Rhonda	9:30 - 10:45 Hatha Flow Yoga Samantha
11:00 - 12:15 Prenatal Yoga Cindy					10:45 - 12:15 Prenatal Yoga Julia-Rose	
12:30 - 1:30 Hatha Flow Yoga Whitney			12:30 - 1:30 Embodied Meditation Rachel	12:30 - 1:30* Kundalini Yoga Virginia		
	5:00 - 6:00* Kundalini Yoga Jill ★			2:00 - 3:00 Mums & Bubs Yoga (course) Melisa		5:00 - 6:15 Yin Yoga & Meditation Avril
6:30 - 7:45 Kundalini Yoga Ingrid	6:30 - 7:45 Hatha Flow Yoga Georgia	6:15 - 7:30 Kundalini Yoga Joanna	6:30 - 7:45 Hatha Flow Yoga Georgia			
	8:00 - 9:00 Kundalini Meditation Billie	8:00 - 9:00 Restorative Yoga Nidra Rachel	8:00 - 9:00 Yin Yoga Georgia			

* Community Class - \$10 Class

★ Virtual Class Only

Check start dates for new class on live timetable



**CLASSES ARE
AVAILABLE
IN STUDIO & ONLINE**

