



From
June '23

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 Tantric Hatha Yoga Whitney	8:00 - 9:00 Kundalini Yoga Virginia		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					11:45 - 1:00 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 Joanna	6:30 - 7:45 Hatha Flow Yoga Chrissy	6:30 - 7:45 Kundalini Yoga Prem	6:30 - 7:45 Hatha Flow Yoga Georgia			
	8:00 - 9:00 Kundalini Yoga & Meditation Mary	8:00 - 9:00 Restorative Yoga Nidra Rachel	8:00 - 9:00 Yin Yoga Georgia			

* Community Class - \$10 Class

★ Virtual Class Only



**CLASSES ARE
AVAILABLE
IN STUDIO & ONLINE**

