

Kundalini House



STUDIO TIMETABLE

#strengthwithheart

MON	TUE	WED	THU	FRI	SAT	SUN
6:30 - 7:30 Kundalini Yoga Nathan	6:30 - 7:30 Vinyasa Yoga Whitney	6:30 - 7:15 Pilates Rose	6:30 - 7:30 Kundalini Yoga Alison	6:30 - 7:30 Vinyasa Yoga Chrissy	7:00 - 8:00 Hatha Yoga Rhonda	8:00 - 9:15 Kundalini Yoga Alison
7:45 - 8:45 Integrative Qi Gong Joanna	7:45 - 8:45 Tantric Hatha Yoga Whitney	7:45 - 8:45 Kundalini Yoga Virginia	7:45 - 8:30 Strength & Weights Miriam	7:45 - 8:45 Integrative Qi Gong Rachel	8:15 - 9:00 Pilates Rose	9:30 - 10:45 Vinyasa Yoga Lu
	9:30 - 10:45 Kundalini Yoga Billie	9:30 - 10:30 Integrative Qi Gong Rachel			9:15 - 10:30 Kundalini Yoga Rhonda	
12:30 - 1:30 Hatha Flow Yoga Wallis	1:00 - 2:00 Smart Yoga David		12:30 - 1:15 Pilates Rose	12:30 - 1:30 Yoga Nidra & Sound Healing Rachel		4:00 - 5:15 *Hatha & Philosophy Avril
5:30 - 6:15 Strength & Weights Miriam				4:00 - 5:00 Kundalini Yoga Nathan	4:30 - 5:45 Kundalini Yoga Coming Soon	5:30 - 6:30 Yin Yoga & Meditation Avril
6:30 - 7:30 Kundalini Yoga Joanna	6:30 - 7:30 Vinyasa Yoga Chrissy	6:30 - 7:45 Kundalini Yoga Prem	6:30 - 7:30 Vinyasa Yoga Georgia			6:45 - 7:15 Free Vedic Meditation Avril
7:45 - 8:45 Yin Yoga Joanna		7:45 - 9:00 Therapeutic Course Billie or Rachel	7:45 - 8:45 Yin Yoga Georgia			

* Not included in membership



CLASSES ARE AVAILABLE
IN STUDIO & ONLINE

WWW.KUNDALINIHOUSE.COM.AU

