

Kundalini House



STUDIO TIMETABLE

#ResilientTogether

MON	TUE	WED	THU	FRI	SAT	SUN
	6:30 - 7:15 Pilates + Strength Alejandra	6:30 - 7:30 Vinyasa Yoga Rose	6:30 - 7:30 Kundalini Yoga Prem Kavalya		7:00 - 8:15 Hatha Yoga Rhonda	8:00 - 9:15 Kundalini Yoga Nathan
7:30 - 8:30 Integrative Qi Gong Simon	7:45 - 8:45 Tantric Hatha Yoga Whitney	7:45 - 8:45 Kundalini Yoga Virginia	7:45 - 8:30 Pilates Rose	7:45 - 8:45 Integrative Qi Gong Rachel	8:30 - 9:15 Pilates Rose	
	9:30 - 10:45 Kundalini Yoga Billie	9:30 - 10:30 Integrative Qi Gong Rachel			9:30 - 10:45 Kundalini Yoga Rhonda	
	1:30 - 2:30 Smart Yoga David			12:30 - 1:30 Yoga Nidra & Sound Healing Rachel		
5:30 - 6:15 Zen Strength Alejandra			5:30 - 6:15 Pilates + Strength Alejandra			5:30 - 6:30 Yin Yoga & Meditation Avril
6:30 - 7:30 Kundalini Yoga Joanna	6:30 - 7:30 Vinyasa Yoga Sulli	6:30 - 7:45 Kundalini Yoga Prem Kavalya	6:30 - 7:30 Vinyasa Yoga Chrissy			6:45 - 7:15 Free Vedic Meditation Avril
7:45 - 8:45 Yin Yoga Joanna	7:45 - 9:00 Therapeutic Course	8:00 - 9:00 Therapeutic Course	7:45 - 8:45 Yin Yoga Chrissy			

* Not included in membership



CLASSES ARE AVAILABLE
IN STUDIO & ONLINE

WWW.KUNDALINIHOUSE.COM.AU

