

	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00-6.30							
6.30 - 7.00	Session	Session	Session	Session	Session		
7.00-7.30	1a	1b	1c	1d	1e		Session 9
7.30-8.00			Syllabus			Developing	Asana class
8.00-8.30			Practice			Class	7.00-8.30am
8.30-9.00						7.30-9.00am	
9.00-9.30							
9.30-10.00							
10.00-10.30	Developing	Slow Paced	Pranayama	Slow Paced	Developing	Foundation	Session 10
10.30-11.00	Class	Class	Class	Class	Class	Class	Group work
11.00-11.30	10.00-11.30am	10.00-11.30am	10.00-11.00am	10.00-11.30am	10.00-11.30am	10.00-11.30am	9.30-11.00am
11.30-12.00	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	
12.00-12.30	Theory	Group work	Group work	Group work	Yogasana	Review	Session 11
12.30-1.00	11.45-1.30pm	11.45-1.30pm	11.30-1.30pm	11.45-1.30pm	11.45-1.30pm	&	RP-S
1.00-1.30						Yogasana	12.00-1.30pm
1.30-2.00						11.45-2.15pm	
2.00-2.30							
2.30-3.00							
3.00-3.30							
3.30-4.00							
4.00-4.30		Therapy					Restorative
4.30-5.00		4.00-5.15pm					class
5.00-5.30							4.00-5.30pm
5.30-6.00	Developing	Developing	Foundation	Foundation	Mature		
6.00-6.30	Class	Class	Class	Class	Class	Session 8	
6.30-7.00	5.45-7.15pm	5.45-7.15pm	5.45-7.15pm	5.45-7.15pm	5.45-7.15pm	RP-S	
7.00-7.30						6.00-7.30pm	
7.30-8.00							
8.00-8.30							
8.30-9.00							
9.00-9.30							