

Coast Yoga Timetable

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:15 am							Level II & III
9:00 am	Level II						
9:30 am		Ongoing beginners	Level II	Level II & III	Lev I & II	Level I	
10:00 am							Level I
10:30 am	beginners/ Lev 1						
11:30 am		Mothers and Babies					
6:00 pm		Back Care course	Level I	Lev I & II	Beginners Course		
6:30 pm						Prenatal Yoga	
7:30 pm		Level II	Beginners Course		Level I		