








# New 2012 Timetable - COMMENCING 9 JANUARY

WEEKDAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.30AM - 8AM	Early Morning Mysore Style	Early Morning Mysore Style	Early Morning Mysore Style	Early Morning Mysore Style	Early Morning Mysore Style
7AM - 8AM	Beginner Course*		Beginner Course*		
8AM - 10AM	Mid Morning Mysore Style	Mid Morning Mysore Style	Mid Morning Mysore Style	Mid Morning Mysore Style	Mid Morning Mysore Style
10AM - 11AM	Special Guided Led Class**	Mysore Self Practice	Special Guided Led Class**	Mysore Self Practice	Mysore Self Practice
12.30PM - 1.30PM	Private Tuition	Guided Lunchtime Led Class**	Private Tuition	Private Tuition	Guided Lunchtime Led Class**
1.30PM - 4.30PM	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition
4.30PM - 7.30PM	Mysore Style	Mysore Style	Mysore Style	Mysore Style	Mysore Style
6.30PM - 7.30PM		Beginner Course*		Beginner Course*	
7.30PM - 8.30PM	Beginner Course*	Evening Guided Led Class	Beginner Course*	Yoga Appreciation***	

WEEKEND	SATURDAY	SUNDAY
7AM - 10AM	Mysore Style	Mysore Style
10AM - 12PM	Full Primary Series	Guided Led Class
12.30PM - 1.30PM		
1.30PM - 4PM		
4PM - 6PM	Mysore Style	
6.30PM - 7.30PM		

## COURSE / CLASS INFORMATION

### \* Beginner Course

Bookings required. 2 classes per week for 4 weeks starting at the beginning of each month.

### \*\* Guided Led Classes

10am & 12.30pm classes will be held during the school terms as follows:

TERM 1	31 January - 5 April
TERM 2	26 April - 22 June
TERM 3	17 July - 21 September
TERM 4	9 October - 30 November

### \*\*\* Yoga Appreciation

4 Term Module Workshop Series. Application Only.

