

# YOGA TIMETABLE



**MON**

**ASHTANGA LED**

6:00PM - 7:15PM

all levels

**TUE**

**HATHA**

6:00PM - 7:15PM

all levels

**WED**

**VINYASA**

6:00PM - 7:15PM

all levels

**THU**

**YIN**

6:00PM - 7:15PM

all levels

**MEDITATION (KOHA)**

7:30PM - 8:30PM

all levels

**FRI**

**SAT**

**VINYASA**

10:00AM - 11:15AM

all levels

**SUN**

**YOGA NIDRA & RESTORATIVE**

6:00PM - 7:15PM

all levels

All classes are \$15 except meditation which is by donation.

Mats and water are provided free of charge.

[sherwoodqueenstown.nz/wellbeing](http://sherwoodqueenstown.nz/wellbeing)

+64 3 450 1090