MA&Y CLASS TIMETABLE 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
945						YOGA OPEN FLOREAT 9.45 - 11.15 / PRE NATAL YOGA FLOREAT 9.45-11.00	
1015							Choi Kwang Do Family Beginner Floreat 10.15-11.15 Taught by Asst Instructors
1045							
1100						KIDS YOGA FLOREAT 11.30-12.15	
1115							
1130							YOGA ADVANCED FLOREAT 11.45-12.45 / YOGA GENTLE FLOREAT 11.45-12.45
1145							
1200						Choi Kwang Do Adult Floreat 12.30-13.30	
1215							
1230							
1245							
1300							
1330							
1545	Choi Kwang Do Kids 4-6yo Earlsfield Library 15.45 - 16.30			Choi Kwang Do Kids 4-6yo Earlsfield Library 15.45 - 16.30			
1600							
1615							
1630							
1645							
1700							
1715	CKD 4-7yo Floreat 17.15 - 18.00	Choi Kwang Do 7-12yo Floreat 17.15 - 18.05		Choi Kwang Do 4-7yo Floreat 17.15 - 18.00			
1730							
1745							
1800	YOGA ACTIVE W'DON 18.00 - 19.00		YOGA ACTIVE W'DON PARK 18.00 - 19.00				
1815	CKD Family Floreat 18.10-19.10	YOGA OPEN FLOREAT 18.30-19.45 / PRE NATAL YOGA FLOREAT 18.30-19.45		Choi Kwang Do Family & Brown Belt Sen Floreat 18.10-19.10	Choi Kwang Do Family Floreat 18.10-19.10		
1830							
1845							
1900	YOGA GENTLE W'DON 19.00 - 20.00		YOGA GENTLE W'DON PARK 19.00 - 20.00				
1915	CKD Adult Floreat 19.15-20.15			Choi Kwang Do Adult Floreat 19.15-20.15			
1930							
1945					YOGA RESTORATIVE FLOREAT 19.30 - 20.45		
2000		Choi Kwang Do Adult Floreat 20.00 - 21.00					
2015							
2030							
2045							