



ACCY Waverley Yoga Studio - July 2020 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
June 22nd	June 23rd	June 24th	June 25th	June 26th	June 27th	June 28th
10am – General Yoga with Sarasvati	9.15am – General Yoga with Sarasvati	10am – Mindfulness Yoga with Danni	10am – General Yoga with Lil	9.15am – General Yoga with Danni	8am – Rise & Shine Yoga with Jivana	9.30am – ONLINE: Ongoing Meditation with Sarasvati
6.15pm - ONLINE: Yin Yoga with Andrea	2pm – Renew & Restore Yoga with Lil	6pm – Slow Flow Yoga with Danni	NEW TIME! 7.15pm – General Yoga with Danni	11am – Renew & Restore Yoga with Danni		10.30am – ONLINE: General Yoga with Sarasvati
7.30pm ONLINE: General Yoga with Sarasvati	6pm – General Yoga with Lil					2pm – Supported Restorative Yoga
June 29th	June 30th	July 1st	July 2nd	July 3rd	July 4th	July 5th
10am – General Yoga with Sarasvati	9.15am – General Yoga with Sarasvati	10am – Mindfulness Yoga with Danni	10am – General Yoga with Lil	9.15am – General Yoga with Danni	8am – Rise & Shine Yoga with Jivana	9.30am – ONLINE: Ongoing Meditation with Sarasvati
6.15pm - ONLINE: Yin Yoga with Andrea	2pm – Renew & Restore Yoga with Lil	6pm – Slow Flow Yoga with Danni	NEW TIME! 7.15pm – General Yoga with Danni	11am – Renew & Restore Yoga with Danni	10am – Community Yoga	10.30am – ONLINE: General Yoga with Sarasvati
7.30pm ONLINE: General Yoga with Sarasvati	6pm – General Yoga with Lil					
July 6th	July 7th	July 8th	July 9th	July 10th	July 11th	July 12th
10am – General Yoga with Sarasvati	9.15am – General Yoga with Sarasvati	10am – Mindfulness Yoga with Danni	10am – General Yoga with Lil	9.15am – General Yoga with Danni	8am – Rise & Shine Yoga with Jivana	9.30am – ONLINE: Ongoing Meditation with Sarasvati
6.15pm - ONLINE: Yin Yoga with Andrea	2pm – Renew & Restore Yoga with Lil	6pm – Slow Flow Yoga with Danni	7.15pm – General Yoga with Danni	11am – Renew & Restore Yoga with Danni	10am – Community Yoga	10.30am – ONLINE: General Yoga with Sarasvati
7.30pm ONLINE: General Yoga with Sarasvati	6pm – General Yoga with Lil					
July 13th	July 14th	July 15th	July 16th	July 17th	July 18th	July 19th
10am – General Yoga with Sarasvati	9.15am – General Yoga with Sarasvati	10am – Mindfulness Yoga with Danni	10am – General Yoga with Lil	9.15am – General Yoga with Danni	8am – Rise & Shine Yoga with Jivana	9.30am – ONLINE: Ongoing Meditation with Sarasvati
6.15pm - ONLINE: Yin Yoga with Andrea	NEW -6 WEEK COURSE 11am – Learn to Meditate with Mataji	6pm – Slow Flow Yoga with Danni	NEW -6 WEEK COURSE 6pm – Learn to Meditate with Mataji	11am – Renew & Restore Yoga with Danni	10am – Community Yoga	10.30am – ONLINE: General Yoga with Sarasvati



ACCY Waverley Yoga Studio - July 2020 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30pm ONLINE: General Yoga with Sarasvati	2pm – Renew & Restore Yoga with Lil		7.15pm – General Yoga with Danni			
	6pm – General Yoga with Lil					
July 20th	July 21st	July 22nd	July 23rd	July 24th	July 25th	July 26th
10am – General Yoga with Sarasvati	9.15am – General Yoga with Sarasvati	10am – Mindfulness Yoga with Danni	10am – General Yoga with Lil	9.15am – General Yoga with Danni	8am – Rise & Shine Yoga with Jivana	9.30am – ONLINE: Ongoing Meditation with Sarasvati
6.15pm - ONLINE: Yin Yoga with Andrea	NEW -6 WEEK COURSE 11am – Learn to Meditate with Mataji	6pm – Slow Flow Yoga with Danni	NEW -6 WEEK COURSE 6pm – Learn to Meditate with Mataji	11am – Renew & Restore Yoga with Danni	10am – Community Yoga	10.30am – ONLINE: General Yoga with Sarasvati
7.30pm ONLINE: General Yoga with Sarasvati	2pm – Renew & Restore Yoga with Lil		NEW TIME! 7.15pm – General Yoga with Danni			
	6pm – General Yoga with Lil					
July 27th	July 28th	July 29th	July 30th	July 31st	August 1st	August 2nd
10am – General Yoga with Sarasvati	9.15am – General Yoga with Sarasvati	10am – Mindfulness Yoga with Danni	10am – General Yoga with Lil	9.15am – General Yoga with Danni	8am – Rise & Shine Yoga with Jivana	9.30am – ONLINE: Ongoing Meditation with Sarasvati
6.15pm - ONLINE: Yin Yoga with Andrea	NEW -6 WEEK COURSE 11am – Learn to Meditate with Mataji	6pm – Slow Flow Yoga with Danni	NEW -6 WEEK COURSE 6pm – Learn to Meditate with Mataji	11am – Renew & Restore Yoga with Danni	10am – Community Yoga	10.30am – ONLINE: General Yoga with Sarasvati
7.30pm ONLINE: General Yoga with Sarasvati	2pm – Renew & Restore Yoga with Lil		NEW TIME! 7.15pm – General Yoga with Danni			
	6pm – General Yoga with Lil					