



Yoga times

Monday	9.45-11 am Contemporary Karla	11.30 am-1 pm Wellness (free*) Yumi / Nanxi / Karla / Annette / Catherine		
Tuesday	9.30-10.50 am Yin Karin	6-7.15 pm Contemporary Karla (term course)	7.30-8.50 pm Contemporary Karla (term course)	
Wednesday	9.45-11 am Contemporary Karla	11.30 am-1 pm Wellness (free*) Robin / Sheena / Emma	6-7.15 pm Beginners Yumi (term course)	7.30-8.50 pm Restorative Karla / Emma / Yumi / Nanxi
Thursday	12-12.55 pm Beginners Catherine	7.30-8.50 pm Restorative Karla (term course)		
Friday	4.30-5.30 pm Youth Robin			
Sunday	2-3.30 pm Wellbeing (koha**) Nanxi / In Chinese	4-5.30 pm Restorative Nanxi		

Bookings essential for all classes and courses. Concessions available.

* **Wellness:** free class for people living with chronic illness/ long-term health conditions.

** **Wellbeing:** Chinese class by koha (offering/ donation).

contemporary yoga centre

contemporaryyoga.nz

