

NEW FARM TIMETABLE

187 JAMES STREET, NEW FARM
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MON	TUE	WED	THU	FRI	SAT	SUN
6 am - 7 am HATHA	6 am - 7 am VINYIN		6 am - 7 am SUNRISE & SUN SALUTATIONS			
7:10 am - 8 am BEGINNERS GENTLE	9:15 am - 9:45 am *LITTLE YOGIS			8:45 am - 9:45 am BEGINNERS GENTLE	8 am - 9:30 am *ASHTANGA MYSORE	8:30 am - 9:30 am QIGONG YOGA
	10 am - 11 am DRISHTI GENTLE & MASSAGE	10 am - 11 am YUMMY YIN	10 am - 11 am DRISHTI GENTLE FLOW	10 am - 11 am HATHA	10 am - 11 am VINYIN	10 am - 11 am *PREGNANCY & POST NATAL
	11:30 am - 12:10 pm *MUMS & BUBS YOGA					
4:45 pm - 5:45 pm HATHA		4:45 pm - 5:45 pm VINYIN	3:45 pm *KIDS YOGA 5:10 pm *YOUNG TEENS		2 pm - 4 pm *MASTERCLASS See website	4:30 pm - 5:30 pm YUMMY YIN & SOUND HEALING
6 pm - 7 pm YUMMY YIN & MEDITATION	6 pm - 7 pm VINYASA	6 pm - 7 pm DRISHTI GENTLE FLOW	6 pm - 7 pm VINYASA	6:30 pm - 8:30 pm *MASTERCLASS See website		
	7:15 pm - 8:30 pm *YOGA COURSE See website		7:15 pm - 8:15 pm LUNAR YIN			

Subject to change, online bookings essential at: <https://www.mydrishti.com.au/newfarm-timetable>

*NOT INCLUDED IN UNLIMITED MEMBERSHIP, SEE WEBSITE.