

Central Coast School of Yoga

Class timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		7 – 8:20 Tracey Warm steady flow*		7 – 8:20 Tracey Warm steady flow*		8 – 9:20 Tracey Warm steady flow*	8 – 9:20 Sylvia Open to all levels
	9:20 – 10:40 Cathryn Open to all levels	9:20 – 10:40 Peter Foundation Basics	9:20 – 10:50 Peter Level 2	9:20 – 10:40 Tracey Foundation Basics	9:20 – 10:40 Peter Level 1	10 – 11:20 Tracey Foundation Basics	
			11 – 12:20 Peter Foundation Basics				
pm							
	6 – 7:20 Peter Foundation Basics	6 – 7:20 Sylvia Level 1	6 – 7:20 Peter Level 1	6 – 7:20 Peter Level 1	6 – 7:20 Viv Foundation Basics		
				7:40 – 8:40 Peter Meditation			

Class timetable as of 21st May 2025

centralcoastyoga.com.au

* Room heated to 32C