

Central Coast School of Yoga

Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		7 – 8:20 Tracey Steady flow		7 – 8:20 Tracey Steady flow		8 – 9:20 Tracey Steady flow	8 – 9:20 Cathryn 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 Cathryn Foundation Basics		11 – 12:20 Peter Foundation Basics				
pm							
	5:30 – 6:50 Peter Foundation Basics	5:30 – 6:50 Viv Level 1	6:00 – 7:20 Peter Foundation Basics	6:00 – 7:20 Peter Level 1	5:30 – 6:50 Viv Foundation Basics		

Class timetable as of 25th May 2026

centralcoastyoga.com.au