

# Studio Tula Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.30 – 8.30			Sunrise Kundalini Yoga <i>Last class 14th June</i>		Book in or register for our amazing courses and workshops <a href="mailto:studio@studiotula.nz">studio@studiotula.nz</a> <a href="https://www.facebook.com/studiotula">fb/studiotula</a>			
10.30 - 11.30		Mums and Bubs Yoga						
12.05 - 12.55	Sun Salute Foundations Yoga <b>50mins</b>	Sun Salute Foundations Yoga <b>50mins</b>	Vinyasa Flow Yoga  <b>50 mins</b>	Vinyasa Flow Yoga  <b>50 mins</b>				
4-5pm	Kids Relax Classes <i>Coming Soon!</i> <b>calmingcompany nz.com</b>			Kids Relax Classes <i>Coming Soon!</i> <b>calmingcompany nz.com</b>				
5.30 - 6.30	Pregnancy Yoga	Vinyasa Slow Flow	Vinyasa Flow Yoga	Belly Dance Lounge	Beginners Yoga Course 11 May to 29 June	Gentle Hatha Yoga	Bellyfit®	
6.30 - 7.30	Bellyfit® - Dance Fitness	Salsa Course			Salsa Course		Acroyoga Jam 5 May – 7 July	
7.00 – 8.00		Vinyasa Flow Yoga	Candlelit Meditative Yoga					
7.30 – 9.00	Acro Flow Course 8 May to 3 July							

