



Timetable

2018

MONDAY

9:30 am Dru Yoga (Mariana)⁷⁵
5:15 pm Hatha Yoga (Leena)⁷⁵
6:45 pm Dru Yoga (Mariana)⁷⁵
8:15 pm Vinyasa (Karen)⁶⁰

WEDNESDAY

4:00 pm Peaceful Kids (Penny)⁶⁰
5:00 pm Peaceful Kids (Penny)
6:30 pm Pilates (Irene)⁶⁰
7:30 pm Pilates (Irene)⁶⁰

FRIDAY

9:30 am Dru Yoga (Mariana)⁷⁵
11:00 am Mind Body Flow (Rita)⁶⁰

SUNDAY

4:00 pm Monthly Meditation**
(Rita)⁶⁰

TUESDAY

9:30 am MindBody Flow (Rita)⁶⁰
4:30 pm Mindful Kids* (Laura)⁶⁰
6:30 pm Yin Yoga (Chantelle)⁶⁰
7:45 pm Dru Yoga (Claire)⁷⁵

THURSDAY

4:00 pm Peaceful Kids (Penny)⁶⁰
5:00 pm Peaceful Kids (Penny)⁶⁰
6:30 pm Hatha Yoga (Karen)⁶⁰
7:45 pm Vinyasa Yoga (Karen)⁶⁰

SATURDAY

9:00 am Mind Body Flow (Rita)⁶⁰
10:15 am Vinyasa Yoga (Karen)⁷⁵

Bookings & Enquiries

Book Online / On your phone



P: 9379 0637

E: info@enta.net.au

Please note that a minimum of 5 participants is required for any session to run. Expression of interest are open if required.

* Mindful Kids Yoga is for Primary School Age (5 to 12)

** Monthly Meditation is on the second Sunday of the month

