

Calendar Hiring Springwood Studio

- Weekly booking – not available for hire
- Times available for hire
- Booking for the 1st & 3rd Sunday of the month
- Saturday and Sundays are popular times for hiring the Studio. If you are interested in particular dates please contact Kathryn for availability by emailing katiemay@chariot.net.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am – 8am							Sadhana
8am - 9am							
9am - 10am		Art Group					
10am - 11am				Kundalini Yoga	Qigong	Kundalini Yoga	Kundalini Yoga
11am - 12noon							
12 - 1pm							
1pm - 2pm							
2pm - 3pm							
3pm - 4pm							
4pm - 5pm							
5pm - 6pm							
6pm - 7pm				Kundalini Yoga			
7pm - 8pm				Meditation Group			
8pm – 9pm							
9pm – 10pm							