

JANUARY 25

Yoga & Mindfulness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
				Flow Yoga with Dora 9:30am
			Beginners Yoga with Dora 9:15am	Yin Yoga with Dora 11am
6	7	8	9	10
	Beginners Yoga with Colette 9:45am	Hatha Yoga with Gill 10am		Flow Yoga with Dora 9:30am
Yin Yoga with Dora 7:30pm	Beginners Yoga with Dora 6:15pm	Gentle Yoga with Dora 7:30pm	Yin Yoga with Dora 7:30pm	Beginners Yoga with Dora 9:15am
13	14	15	16	17
	Beginners Yoga with Colette 9:45am	Hatha Yoga with Gill 10am		Flow Yoga with Dora 9:30am
Yin Yoga with Dora 7:30pm	Beginners Yoga with Dora 6:15pm	Gentle Yoga with Dora 7:30pm	Yin Yoga with Dora 7:30pm	Beginners Yoga with Dora 9:15am
20	21	22	23	24
	Beginners Yoga with Colette 9:45am	Hatha Yoga with Gill 10am		Flow Yoga with Dora 9:30am
Yin Yoga with Dora 7:30pm	Beginners Yoga with Dora 6:15pm	Gentle Yoga with Dora 7:30pm	Yin Yoga with Dora 7:30pm	Beginners Yoga with Dora 9:15am
27	28	29	30	31
	Beginners Yoga with Colette 9:45am	Hatha Yoga with Gill 10am		Flow Yoga with Dora 9:30am
Yin Yoga with Dora 7:30pm	Beginners Yoga with Dora 6:15pm	Gentle Yoga with Dora 7:30pm	Yin Yoga with Dora 7:30pm	Beginners Yoga with Dora 9:15am
				Flow Yoga with Dora 9:30am
				Yin Yoga with Dora 11am

