

# August 22

## Yoga & Mindfulness Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Vinyasa Yoga with Sarah Last Week - 6:30pm	4	5
8	9	10 Hatha Yoga with Gill Week 6 - 10am	11	12
15	16	17 Hatha Yoga with Gill Week 7 - 10am	18	19
22	23	24 Hatha Yoga with Gill Week 8 - 10am	25	26
29	30	31 Hatha Yoga with Gill Week 1 - 10am		

