

September 22

Yoga & Mindfulness Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
				Beginners Yoga with Dora Week 1 - 11:00am
5	6	7	8	9
	Beginners Yoga with Colette Week 1 - 10:30am	Hatha Yoga with Gill Week 2 - 10am		
Yin Yoga with Dora Week 1 - 7:30pm	Gentle Yoga with Dora Week 1 - 7:30pm	vinyasa Yoga with Sarah Week 1 - 6:30pm	Gentle Yoga with Dora Week 1 - 9:00am	Beginners Yoga with Dora Week 2 - 11:00am
12	13	14	15	16
	Beginners Yoga with Colette Week 2 - 10:30am	Hatha Yoga with Gill Week 3 - 10am		
Yin Yoga with Dora Week 2 - 7:30pm	Gentle Yoga with Dora Week 2 - 7:30pm	vinyasa Yoga with Sarah Week 2 - 6:30pm	Gentle Yoga with Dora Week 2 - 9:00am	Beginners Yoga with Dora Week 3 - 11:00am
19	20	21	22	23
	Beginners Yoga with Colette Week 3 - 10:30am	Hatha Yoga with Gill Week 4 - 10am		
Yin Yoga with Dora Week 3 - 7:30pm	Gentle Yoga with Dora Week 3 - 7:30pm	vinyasa Yoga with Sarah Week 3 - 6:30pm	Gentle Yoga with Dora Week 3 - 9:00am	Beginners Yoga with Dora Week 4 - 11:00am
26	27	28	29	30
	Beginners Yoga with Colette Week 4 - 10:30am	Hatha Yoga with Gill Week 5 - 10am		
Yin Yoga with Dora Week 4 - 7:30pm	Gentle Yoga with Dora Week 4 - 7:30pm	vinyasa Yoga with Sarah Week 4 - 6:30pm	Gentle Yoga with Dora Week 4 - 9:00am	Beginners Yoga with Dora Week 5 - 11:00am

