

January 23

Yoga & Mindfulness Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
		Hatha Yoga with Gill Week 1 - 10am	Gentle Yoga with Dora Week 5 - 9:15am	Beginners Yoga with Dora Week 4 - 11am
9	10	11	12	13
	Beginners Yoga with Colette Week 1 - 10:30am	Hatha Yoga with Gill Week 2 - 10am	Gentle Yoga with Dora Week 6 - 9:15am	Flow Yoga with Dora Week 1 - 9:30am
Yin Yoga with Dora Week 4 - 7:30pm	Gentle Yoga with Dora Week 5 - 7:30pm	Restorative Yoga with Dora Week 1 - 7:30pm		Beginners Yoga with Dora Week 5 - 11am
16	17	18	19	20
	Beginners Yoga with Colette Week 2 - 10:30am	Hatha Yoga with Gill Week 3 - 10am	Gentle Yoga with Dora Week 1 - 9:15am	Flow Yoga with Dora Week 2 - 9:30am
Yin Yoga with Dora Week 5 - 7:30pm	Gentle Yoga with Dora Week 6 - 7:30pm	Restorative Yoga with Dora Week 2 - 7:30pm		Beginners Yoga with Dora Week 6 - 11am
23	24	25	26	27
	Beginners Yoga with Colette Week 3 - 10:30am	Hatha Yoga with Gill Week 4 - 10am	Gentle Yoga with Dora Week 2 - 9:15am	Flow Yoga with Dora Week 3 - 9:30am
Yin Yoga with Dora Week 6 - 7:30pm	Gentle Yoga with Dora Week 1 - 7:30pm	Restorative Yoga with Dora Week 3 - 7:30pm		Beginners Yoga with Dora Week 1 - 11am
30	31			
	Beginners Yoga with Colette Week 4 - 10:30am			
Yin Yoga with Dora Week 1 - 7:30pm	Gentle Yoga with Dora Week 2 - 7:30pm			

