

February 23

Yoga & Mindfulness Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Hatha Yoga with Gill Week 5 - 10am Restorative Yoga with Dora Week 4 - 7:30pm	2 Gentle Yoga with Dora Week 3 - 9:15am	3 Flow Yoga with Dora Week 4 - 9:30am Beginners Yoga with Dora Week 2 - 11am
6 Yin Yoga with Dora Week 2 - 7:30pm	7 Beginners Yoga with Colette Week 4 - 10:30am Gentle Yoga with Dora Week 3 - 7:30pm	8 Hatha Yoga with Gill Week 6 - 10am Restorative Yoga with Dora Week 5 - 7:30pm	9 Gentle Yoga with Dora Week 4 - 9:15am	10 Flow Yoga with Dora Week 5 - 9:30am Beginners Yoga with Dora Week 3 - 11am
13 Yin Yoga with Dora Week 3 - 7:30pm	14 Beginners Yoga with Colette Week 5 - 10:30am Gentle Yoga with Dora Week 4 - 7:30pm	15 Hatha Yoga with Gill Week 7 - 10am Restorative Yoga with Dora Week 6 - 7:30pm	16 Gentle Yoga with Dora Week 5 - 9:15am	17 Flow Yoga with Dora Week 6 - 9:30am Beginners Yoga with Dora Week 4 - 11am
20 Yin Yoga with Dora Week 4 - 7:30pm	21 Gentle Yoga with Dora Week 5 - 7:30pm	22 Hatha Yoga with Gill Week 8 - 10am Restorative Yoga with Dora Week 1 - 7:30pm	23 Gentle Yoga with Dora Week 6 - 9:15am	24 Flow Yoga with Dora Week 1 - 9:30am Beginners Yoga with Dora Week 5 - 11am
27 Yin Yoga with Dora Week 5 - 7:30pm	28 Gentle Yoga with Dora Week 6 - 7:30pm			

