

July 23

Yoga & Mindfulness Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	Beginners Yoga with Colette Week 4 - 10:30am	Hatha Yoga with Gill Week 1 - 10 am		Flow Yoga with Dora Week 5 - 9:30am
Yin Yoga with Dora Week 3 - 7:30pm	Gentle Yoga with Dora Week 6 - 6:15pm Week 5 - 7:30pm	Yin Yoga with Dora Week 5 - 7:30pm	Gentle Yoga with Dora Week 5 - 9:15am	Beginners Yoga with Dora Week 3 - 11am
10	11	12	13	14
	Beginners Yoga with Colette Week 5 - 10:30am	Hatha Yoga with Gill Week 2 - 10 am		Flow Yoga with Dora Week 6 - 9:30am
Yin Yoga with Dora Week 4 - 7:30pm	Gentle Yoga with Dora Week 6 - 7:30pm	Yin Yoga with Dora Week 6 - 7:30pm	Gentle Yoga with Dora Week 6 - 9:15am	Beginners Yoga with Dora Week 4 - 11am
17	18	19	20	21
		Hatha Yoga with Gill Week 3 - 10 am		Flow Yoga with Dora Week 1 - 9:30am
Yin Yoga with Dora Week 5 - 7:30pm	Gentle Yoga with Dora Week 1 - 7:30pm	Yin Yoga with Dora Week 1 - 7:30pm	Gentle Yoga with Dora Week 1 - 9:15am	Beginners Yoga with Dora Week 5 - 11am
24	25	26	27	28
		Hatha Yoga with Gill Week 4 - 10 am		Flow Yoga with Dora Week 2 - 9:30am
Yin Yoga with Dora Week 6 - 7:30pm	Gentle Yoga with Dora Week 1 - 6:15pm Week 2 - 7:30pm	Yin Yoga with Dora Week 2 - 7:30pm	Gentle Yoga with Dora Week 2 - 9:15am	Beginners Yoga with Dora Week 6 - 11am
31				
Yin Yoga with Dora Week 1 - 7:30pm				

