

OCTOBER 23

Yoga & Mindfulness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	<i>Beginners Yoga with Colette</i> Week 5 - 10:30am	<i>Hatha Yoga with Gill</i> Week 4 - 7:30pm	<i>Gentle Yoga with Dora</i> Week 5 - 9:15am	<i>Flow Yoga with Dora</i> Week 5 - 9:30am
<i>Yin Yoga with Dora</i> Week 1 - 7:30pm	<i>Gentle Yoga with Dora</i> Week 3 - 6:15pm Week 4 - 7:30pm	<i>Yin Yoga with Dora</i> Week 5 - 7:30pm	<i>Yin Yoga with Colette</i> Week 2 - 7pm	<i>Yin Yoga with Dora</i> Week 3 - 11am
9	10	11	12	13
	<i>Beginners Yoga with Colette</i> Week 1 - 9:45am	<i>Hatha Yoga with Gill</i> Week 5 - 7:30pm	<i>Gentle Yoga with Dora</i> Week 6 - 9:15am	<i>Flow Yoga with Dora</i> Week 6 - 9:30am
<i>Yin Yoga with Dora</i> Week 2 - 7:30pm	<i>Gentle Yoga with Dora</i> Week 4 - 6:15pm Week 5 - 7:30pm	<i>Yin Yoga with Dora</i> Week 6 - 7:30pm	<i>Yin Yoga with Colette</i> Week 3 - 7pm	<i>Yin Yoga with Dora</i> Week 4 - 11am
16	17	18	19	20
	<i>Beginners Yoga with Colette</i> Week 2 - 9:45am		<i>Gentle Yoga with Dora</i> Week 1 - 9:15am	<i>Flow Yoga with Dora</i> Week 1 - 9:30am
<i>Yin Yoga with Dora</i> Week 3 - 7:30pm	<i>Gentle Yoga with Dora</i> Week 5 - 6:15pm Week 6 - 7:30pm	<i>Yin Yoga with Dora</i> Week 1 - 7:30pm	<i>Yin Yoga with Colette</i> Week 4 - 7pm	<i>Yin Yoga with Dora</i> Week 5 - 11am
23	24	25	26	27
	<i>Beginners Yoga with Colette</i> Week 3 - 9:45am	<i>Hatha Yoga with Gill</i> Week 6 - 7:30pm	<i>Gentle Yoga with Dora</i> Week 2 - 9:15am	<i>Flow Yoga with Dora</i> Week 2 - 9:30am
<i>Yin Yoga with Dora</i> Week 4 - 7:30pm	<i>Gentle Yoga with Dora</i> Week 6 - 6:15pm Week 1 - 7:30pm	<i>Yin Yoga with Dora</i> Week 2 - 7:30pm	<i>Yin Yoga with Colette</i> Week 5 - 7pm	<i>Yin Yoga with Dora</i> Week 6 - 11am
30	31			
<i>Yin Yoga with Dora</i> Week 5 - 7:30pm	<i>Gentle Yoga with Dora</i> Week 1 - 6:15pm Week 2 - 7:30pm			

