

NOVEMBER 23

Yoga & Mindfulness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>Hatha Yoga with Gill</i> 10am <i>Yin Yoga with Dora</i> 7:30pm	2 <i>Gentle Yoga with Dora</i> 9:15am	3 <i>Flow Yoga with Dora</i> 9:30am <i>Yin Yoga with Dora</i> 11am
6 <i>Yin Yoga with Dora</i> 7:30pm	7 <i>Beginners Yoga with Colette</i> 9:45am <i>Gentle Yoga with Dora</i> 6:15pm 7:30pm	8 <i>Hatha Yoga with Gill</i> 10am <i>Yin Yoga with Dora</i> 7:30pm	9 <i>Gentle Yoga with Dora</i> 9:15am <i>Yin Yoga with Colette</i> 7pm	10 <i>Flow Yoga with Dora</i> 9:30am <i>Yin Yoga with Dora</i> 11am
13 <i>Yin Yoga with Dora</i> 7:30pm	14 <i>Beginners Yoga with Colette</i> 9:45am <i>Gentle Yoga with Dora</i> 6:15pm 7:30pm	15 <i>Hatha Yoga with Gill</i> 10am <i>Yin Yoga with Dora</i> 7:30pm	16 <i>Gentle Yoga with Dora</i> 9:15am <i>Yin Yoga with Colette</i> 7pm	17 <i>Flow Yoga with Dora</i> 9:30am <i>Yin Yoga with Dora</i> 11am
20 <i>Yin Yoga with Dora</i> 7:30pm	21 <i>Beginners Yoga with Colette</i> 9:45am <i>Pilates with Colette</i> 11am <i>Gentle Yoga with Dora</i> 6:15pm 7:30pm	22 <i>Hatha Yoga with Gill</i> 10am <i>Yin Yoga with Dora</i> 7:30pm	23 <i>Gentle Yoga with Dora</i> 9:15am <i>Yin Yoga with Colette</i> 7pm	24 <i>Flow Yoga with Dora</i> 9:30am <i>Yin Yoga with Dora</i> 11am
27 <i>Yin Yoga with Dora</i> 7:30pm	28 <i>Beginners Yoga with Colette</i> 9:45am <i>Pilates with Colette</i> 11am <i>Gentle Yoga with Dora</i> 6:15pm 7:30pm	29 <i>Hatha Yoga with Gill</i> 10am <i>Yin Yoga with Dora</i> 7:30pm	30 <i>Gentle Yoga with Dora</i> 9:15am <i>Yin Yoga with Colette</i> 7pm	

