## JANUARY 24

## Yoga & Mindfulness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
I	2	Hatha Yoga with Gill	4 Gentle Yoga with Dora	Flow Yoga with Dora
	Gentle Yoga with Dora 6:15pm 7:30pm	Yin Yoga with Dora 7:30pm	9:15am <b>Yin Yoga with Colette</b> 7pm	9:30am <b>Yin Yoga with Dora</b> 11am
8	9	IO	II	12
	Beginners Yoga with Colette 9:45am	Hatha Yoga with Gill 10am	Gentle Yoga with Dora 9:15am	Flow Yoga with Dora 9:30am
Yin Yoga with Dora 7:30pm	Gentle Yoga with Dora 6:15pm 7:30pm	Yin Yoga with Dora 7:30pm	Slow Flow with Colette 7pm	Yin Yoga with Dora
15	Beginners Yoga with Colette	17 Hatha Yoga with Gill	I8 Gentle Yoga with Dora	Flow Yoga with Dora
Yin Yoga with Dora 7:30pm	9:45am  Gentle Yoga with Dora  6:15pm 7:30pm	Yin Yoga with Dora 7:30pm	9:15am  Slow Flow with Colette 7pm	9:30am  Yin Yoga with Dora  11am
22	23	24	25	26
Yin Yoga with Dora 7:30pm	Beginners Yoga with Colette 9:45am  Gentle Yoga with Dora  6:15pm 7:30pm	Hatha Yoga with Gill 10am Yin Yoga with Dora 7:30pm	Gentle Yoga with Dora 9:15am  Slow Flow with Colette	Flow Yoga with Dora 9:30am Yin Yoga with Dora
29	30	31	7pm	
Yin Yoga with Dora 7:30pm	Beginners Yoga with Colette 9:45am Gentle Yoga with Dora 6:15pm 7:30pm	Hatha Yoga with Gill 10am Yin Yoga with Dora 7:30pm		

