

JANUARY 24

Yoga & Mindfulness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
		<i>Hatha Yoga with Gill</i> 10am	<i>Gentle Yoga with Dora</i> 9:15am	<i>Flow Yoga with Dora</i> 9:30am
	<i>Gentle Yoga with Dora</i> 6:15pm	<i>Yin Yoga with Dora</i> 7:30pm	<i>Yin Yoga with Colette</i> 7pm	<i>Yin Yoga with Dora</i> 11am
	7:30pm			
8	9	10	11	12
	<i>Beginners Yoga with Colette</i> 9:45am	<i>Hatha Yoga with Gill</i> 10am	<i>Gentle Yoga with Dora</i> 9:15am	<i>Flow Yoga with Dora</i> 9:30am
<i>Yin Yoga with Dora</i> 7:30pm	<i>Gentle Yoga with Dora</i> 6:15pm	<i>Yin Yoga with Dora</i> 7:30pm	<i>Slow Flow with Colette</i> 7pm	<i>Yin Yoga with Dora</i> 11am
	7:30pm			
15	16	17	18	19
	<i>Beginners Yoga with Colette</i> 9:45am	<i>Hatha Yoga with Gill</i> 10am	<i>Gentle Yoga with Dora</i> 9:15am	<i>Flow Yoga with Dora</i> 9:30am
<i>Yin Yoga with Dora</i> 7:30pm	<i>Gentle Yoga with Dora</i> 6:15pm	<i>Yin Yoga with Dora</i> 7:30pm	<i>Slow Flow with Colette</i> 7pm	<i>Yin Yoga with Dora</i> 11am
	7:30pm			
22	23	24	25	26
	<i>Beginners Yoga with Colette</i> 9:45am	<i>Hatha Yoga with Gill</i> 10am	<i>Gentle Yoga with Dora</i> 9:15am	<i>Flow Yoga with Dora</i> 9:30am
<i>Yin Yoga with Dora</i> 7:30pm	<i>Gentle Yoga with Dora</i> 6:15pm	<i>Yin Yoga with Dora</i> 7:30pm	<i>Slow Flow with Colette</i> 7pm	<i>Yin Yoga with Dora</i> 11am
	7:30pm			
29	30	31		
	<i>Beginners Yoga with Colette</i> 9:45am	<i>Hatha Yoga with Gill</i> 10am		
<i>Yin Yoga with Dora</i> 7:30pm	<i>Gentle Yoga with Dora</i> 6:15pm	<i>Yin Yoga with Dora</i> 7:30pm		
	7:30pm			

