

OCTOBER 24

Yoga & Mindfulness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<i>Beginners Yoga with Colette</i> 9:45am	<i>Hatha Yoga with Gill</i> 10am		
7	8	9	10	11
	<i>Beginners Yoga with Colette</i> 9:45am	<i>Hatha Yoga with Gill</i> 10am		<i>Flow Yoga with Dora</i> 9:30am
<i>Yin Yoga with Dora</i> 7:30pm	<i>Beginners Yoga with Dora</i> 6:15pm	<i>Gentle Yoga with Dora</i> 7:30pm	<i>Yin Yoga with Dora</i> 7:30pm	<i>Beginners Yoga with Dora</i> 9:15am
	14	15	16	17
	<i>Beginners Yoga with Colette</i> 9:45am	<i>Hatha Yoga with Gill</i> 10am		
<i>Yin Yoga with Dora</i> 7:30pm	<i>Beginners Yoga with Dora</i> 6:15pm	<i>Gentle Yoga with Dora</i> 7:30pm	<i>Yin Yoga with Dora</i> 7:30pm	<i>Beginners Yoga with Dora</i> 9:15am
	21	22	23	24
	<i>Beginners Yoga with Colette</i> 9:45am	<i>Hatha Yoga with Gill</i> 10am		
<i>Yin Yoga with Dora</i> 7:30pm	<i>Beginners Yoga with Dora</i> 6:15pm	<i>Gentle Yoga with Dora</i> 7:30pm	<i>Yin Yoga with Dora</i> 7:30pm	<i>Beginners Yoga with Dora</i> 9:15am
	28	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>Beginners Yoga with Dora</i> 6:15pm	<i>Gentle Yoga with Dora</i> 7:30pm	<i>Yin Yoga with Dora</i> 7:30pm	<i>Beginners Yoga with Dora</i> 9:15am

