

OUR SCHEDULE VALID FROM OCTOBER 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 – 08:45	Mysore Style Ashtanga (all levels)	Mysore Style Ashtanga (all levels)	Mysore Style Ashtanga (all levels)	Mysore Style Ashtanga (all levels)	Mysore Style counted led primary (06:45 - 08:15)		
10:00 – 11:00							Pregnancy Yoga
10:00 – 11:30						Vinyasa (all levels)	
11:30 – 12:30					Mums & Babies Yoga 6 week block		
11:30 – 13:00							Vinyasa (all levels)
11:45 – 12:45						Complete Beginners' Yoga	
12:15 – 13:15		Vinyasa Yoga (all levels)	Deep Hatha Flow Yoga (all levels)				
13:00 – 14:00					Pregnancy Yoga		
13:00 – 14:30						Ashtanga Yoga (all levels)	
18:00 – 19:30	Hatha Flow & Restore (all levels)	Vinyasa Yoga (beginners)		Vinyasa Flow & Restore (all levels)			
18:15 – 19:45			Ashtanga Yoga (all levels)				
18:15 – 19:15					Deep Hatha Flow Yoga (all levels)		
19:30 – 20:30					Restorative Yoga (all levels)		
19:45 – 20:45		Yin Yoga (all levels)					
19:45 – 21:15	Ashtanga Yoga (all levels)						
20:00 – 21:00			Complete Beginners' Yoga				