

YOGA TIMETABLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am			Vinyasa		Vinyasa		
7.15am					Roll & Release		
8.00am						General Yoga	
9.15am			Roll & Release	Gentle Flow			
12.15am	Gentle Flow						
4.30pm		Intro Yoga		General Yoga			General Yoga
5.30pm	Gentle Flow		Gentle Flow				
6.00pm				Aroma YIN			