

Weekly Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Yoga 4 Beginners (9:30-10:30)	Baby Massage (10:00-11:00)	Baby Massage (10:00-11:00)	Yoga (9:30-10:30)	Kids Yoga (4-7) (9:30-10:15)	Bootcamp (9:00-10:00)
	Unwind Your Spine (10:45-11:45)	Yoga (11:30-12:30)	Baby Massage (11:30-12:30)	Prenatal Yoga (11:00-12:15)	Kids Yoga (7-12) (10:30-11:30)	Fitness 4 Beginners (10:30-11:30)
		Tai Chi (13:00-14:00)		Post Natal Yoga (13:00-13:45)		
Yoga 4 Beginners (17:45-18:45)			Pilates (18:00-19:00)	Tai Chi (18:00-19:00)		
Mixed Ability Pole (19:30-20:30)	Intermediate Pole (19:00-20:00)		Kettlebells (19:15-20:15)			

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