



Weekly Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Remedial Pilates (10:00-11:00)			Yoga (9:30-10:30)	Yoga (9:30-10:30)		
		Yoga (11:30-12:30)			Yoga 4 Kids (4-7 Years) 9:45-10:15)	
					Yoga 4 Kids (7-12 Years) 10:30-11:30)	
Yoga 4 Beginners (17:45-18:45)		Yoga (17:45-18:45)	Pilates (18:00-19:00)			
Mixed Ability Pole (19:30-20:00)	Pole (19:00-20:00)					

*We need at least 5 people to sign up for this class for it to be viable