

TIMETABLE



Monday

All Levels Flow	9.15am	Mary
Mother and Baby Yoga	10.30am	Mary
Feel Good Flow	6.30pm	Mary
Heated Mens Yoga	8.00pm	Mary

Tuesday

Beginners Flow	6.30pm	Tina
Yin Fusion	8.00pm	Jen

Wednesday

Hot Fusion Flow	6.00pm	Mary
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Thursday

Nervous System Reset	9.00am	Mary
Mother and Baby Yoga	10.30am	Mary
Intermediate Flow	6.00pm	Mary
Birth Power	7.30pm	Mary

Friday

Express Sunrise Flow	7.00am	Mary
Chair Yoga	11.45am	Mary

Saturday

Yoga Basics	9.30am	Mary
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