

# 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

The Bliss Hour	10.30am	Margaret
Hot Fusion Flow	6.00pm	Mary

## 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
----------------------	--------	------

## Saturday

Yoga Basics	9.30am	Mary
-------------	--------	------

BOOK