



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00			Vinaysa Yoga Claudia				
9.30							Yoga Michael
10.00	Vinyasa Yoga Claudia	Restorative Yoga Sighle		Restorative Yoga Sighle	Vinyasa Yoga Claudia		
10.15		Yoga Michael					
11.15					Gentle yoga for active retirement Claudia		Vinyasa yoga Claudia
18.00	Mindfulness introduction Susan 19-oct24						
18.30					Yoga Michael		
19.00		Restorative Yoga Sigle					
19.30			Restorative yoga for pregnancy Sighle				
19.30			Yoga Michael				
19.45	Mindfulness Mary						

