




















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.15 AM - 10.15 AM HATHA FLOW WITH NEETA			7.15 AM - 8.15 AM EARLY MORNING YOGA WITH ABI		9.00 AM - 10.00 AM MINDFULNESS WITH SHEILA	WORKSHOPS
10.30 AM - 11.30 AM PILATES WITH EBONY	10.00 AM - 11.00 AM RESTORATIVE YOGA WITH JO				10.30 AM - 12.00 PM VINYASA YOGA WITH ABI	
12.10 PM - 1.10 PM HATHA YOGA WITH ABI	11.15 AM - 12.15 BEGINNERS TAI CHI WITH SIMON		11.30 PM - 12.45 PM HATHA YOGA WITH YAS		12.30 PM - 1.45 PM HATHA YOGA WITH MELTEM	
1.30 PM - 2.45 PM VINYASA YOGA WITH ABI			1.30 PM - 2.45 PM VINYASA WITH ABI	2.30 PM - 3.45PM DRU YOGA WITH HELEN		
5.45 PM - 6.45 PM BEGINNERS YOGA WITH MELTEM	5.15 PM - 6.05 BEGINNERS TAI CHI WITH SIMON					
6.55 PM - 7.55 PM BEGINNERS YOGA WITH RIA	6.15 PM - 7.15 PM HATHA YOGA WITH HANNAH	6.00 PM - 7.00 PM MEDITATION WITH TRACY	6.15 PM - 7.15 PM RESTORATIVE SOH HUM YOGA WITH RENU			
8.00 PM - 9.00 PM BEGINNERS YOGA WITH RIA	7.30 PM - 8.45 PM VINYASA YOGA WITH HANNAH	7.30 PM - 8.45 PM HATHA YOGA WITH KATE	7.30 PM - 8.45 PM VINYASA YOGA WITH KATE			

WORKSHOPS