

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

08.00 - 09.00

**Rise & Shine
Yoga**

10.00 - 11.15

**Iyengar
Yoga
Beginners**



08.00 - 09.00

**Rise & Shine
Yoga**

11.00 - 12.15

**Iyengar
Yoga
Beginners**

10.00 - 11.30

Heart Yoga



17.30 - 18.30

**OSHO
Meditation***
(not weekly)



20.30 - 21.45

**Iyengar
Yoga
Beginners**

20.00 - 21.30

**Iyengar
Yoga I**

20.30 - 21.45

**Iyengar
Yoga
Beginners**

20.00 - 21.30

**Iyengar
Yoga I**

