

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VINYASA FLOW Becky Fenwick 9:30-10:30am	WAKE UP WITH VINIYOGA Rebecca 9:30-10:30am	ABSOLUTE BEGINNERS YOGA Rebecca 9:30-10:30am	HATHA YOGA Becky Fenwick 10:30-11:30		VINYASA FLOW Becky Fenwick 9:00-10:00pm	YOGA & RELAXATION Andy 10:00-11:00am
PILATES Roger 11:00 - 12:00pm	MEDITATION & RELAXATION Rebecca 11:00-12:00pm	FLOW YOGA Roger 12:00-1:00pm				
YOGA FOR FITNESS Andy 5:30-6:30pm	YIN YOGA Becky Fenwick 8:00-9:00pm Last Tuesday of the Month from August	ABSOLUTE BEGINNERS YOGA Rebecca 6:00-7:00pm				
MOVE & BREATHE VINIYOGA Rebecca 7:00-8:00pm		NOURISH & RELAX Rebecca 7:15-8:15pm				

