

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
YOGA FOR FITNESS Andy 5:30-6:30pm	YIN YOGA Becky Fenwick 8:00-9:00pm Last Tuesday of the Month from August	FLOW YOGA Roger 12:15-1:15pm				
MOVE & BREATHE VINIYOGA Rebecca 7:00-8:00pm		ABSOLUTE BEGINNERS YOGA Rebecca 6:00-7:00pm				
		NOURISH & RELAX Rebecca 7:15-8:15pm				

