



Holiday Timetable July 2018

DAY	TIME	CLASS	TEACHER/FACILITATOR
Saturday 7th July			
	10:15-11:10am	Yoga Stretch and Tone	Asia
Monday 9th July			
	9:15-10:15am	Pranayama	Breath for Health CD
	10:20-11:15am	Yoga Stretch and Tone	Cheryl
	11:15-12:15pm	Relaxation and Meditation	Vipassana CD
	5:30-6:25pm	Yoga Stretch and Tone	Cheryl
Tuesday 10th July			
	11:30-12:30pm	Yoga Stretch and Tone	Cheryl
	12:30-1:30pm	Yoga Nidra	Samadhi CD
	5:30-6:25pm	Yoga Stretch and Tone	Lynanne
Wednesday 11th July			
	9:15-10:10am	Yoga Stretch and Tone	Debbie
	5:30-6:25pm	Yoga Stretch and Tone	Debbie
	6:30-7:30pm	Yoga Nidra	Samadhi CD
Thursday 12th July			
	11:30-12:30pm	Yoga Stretch and Tone	Asia
	12:30-1:30pm	Meditation	Vipassana CD
	5:30-6:15pm	Yoga Stretch and Tone	Lynanne
Friday 13th July			
	9:15-10:10am	Yoga Stretch and Tone	Cheryl
Saturday 14th July			
	10:15-11:10am	Yoga Stretch and Tone	Asia

