



Class Timetable

December 2024 - January 2025

Monday 16 Dec 9.30am Gentle Yoga (Level 1 - 2)	Tuesday 17 Dec 8.00am Hatha Flow (Level 2)	Wednesday 18 Dec 9.30am Gentle Yoga (Level 1 - 2)	Thursday 19 Dec 8.00am Hatha Flow (Level 2) 9.30am Restore & Renew Class	Friday 20 Dec No Class	Saturday 21 Dec No Class	Sunday 22 Dec No Class
Monday 06 Jan 9.30am Gentle Yoga (Level 1 - 2)	Tuesday 07 Jan No Class	Wednesday 08 Jan 9.30am Gentle Yoga (Level 1 - 2)	Thursday 09 Jan No Class	Friday 10 Jan No Class	Saturday 11 Jan 8.00am Hatha Flow (Level 2) 9.30am Gentle Beginners	Sunday 12 Jan No Class
Monday 13 Jan 9.30am Gentle Yoga (Level 1 - 2)	Tuesday 14 Jan 8.00am Hatha Flow (Level 2)	Wednesday 15 Jan 9.30am Gentle Yoga (Level 1 - 2)	Thursday 16 Jan 8.00am Hatha Flow (Level 2) 9.30am Restore & Renew Class	Friday 17 Jan No Class	Saturday 18 Jan 8.00am Hatha Flow (Level 2) 9.30am Gentle Yoga (Level 1 - 2)	Sunday 19 Jan 9.00am Hatha Flow (Level 2)