



Day	Time	CLASS	TEACHER/FACILITATOR
December 2024			
Monday 16th Dec 2024			
	9:30 - 10:30 am	Pranayama	Shanti
	10:30 - 11:30 am	Yoga	Shanti
	11:30 - 12:30 pm	Relaxation & Meditation	Shanti
	5:30 - 6:25 pm	Yoga stretch and Tone	Rebecca
Tuesday 17th Dec 2024			
	10:30 - 12:30 pm	Extended Floor	Shanti
	12:30 - 1:15 pm	Nidra	Shanti
	5:30 - 6:25 pm	Yoga stretch and Tone	Louise
Wednesday 18th Dec 2024			
	5:30 - 6:25 pm	Yoga stretch and Tone	Rebecca
Thursday 19th Dec 2024			
	10:30 - 11:25 am	Yoga stretch and Tone	Louise
	5:30 - 6:25 pm	Yoga stretch and Tone	Lynanne
Friday 20th Dec 2024			
	9:15 - 10:10 am	Yoga stretch and Tone	Cheryl
Saturday 21st Dec 2024			
	10:15 - 11:10 am	Yoga stretch and Tone	Catherine
January 2025			
Monday 13th Jan 2025			
	9:30 - 10:30 am	Breathe for health CD	Cheryl
	10:30 - 11:30 am	Yoga stretch and Tone	Cheryl
	5:30 - 6:25 pm	Yoga stretch and Tone	Rebecca
Tuesday 14th Jan 2025			
	10:30 - 12:00 pm	Yoga stretch and Tone	Catherine
	12:00 - 1:00 pm	Nidra - Samadhi CD	Catherine
	5:30 - 6:25 pm	Yoga stretch and Tone	Louise

Wednesday 15th Jan 2025

5:30 - 6:25 pm Yoga stretch and Tone Rebecca

Thursday 16th Jan 2025

10:30 - 11:30 pm Yoga stretch and Tone Catherine

5:30 - 6:25 pm Yoga stretch and Tone Lynanne

Friday 17th Jan 2025

9:15 - 10:10 am Yoga stretch and Tone Cheryl

Saturday 18th Jan 2025

10:15 - 11:10 am Yoga stretch and Tone Louise

Monday 20th Jan 2025

9:30 - 10:30 am Breathe for health CD Cheryl

10:30 - 11:30 am Yoga stretch and Tone Cheryl

5:30 - 6:25 pm Yoga stretch and Tone Rebecca

Tuesday 21st Jan 2025

10:30 - 12:00 pm Yoga stretch and Tone Catherine

12:00 - 1:00 pm Samadhi CD Catherine

5:30 - 6:25 pm Yoga stretch and Tone Louise

Wednesday 22nd Jan 2025

5:30 - 6:25 pm Yoga stretch and Tone Rebecca

Thursday 23rd Jan 2025

10:30 - 11:30 pm Yoga stretch and Tone Catherine

5:30 - 6:25 pm Yoga stretch and Tone Lynanne

Friday 24th Jan 2025

9:15 - 10:10 am Yoga stretch and Tone Cheryl

Saturday 25th Jan 2025

10:15 - 11:10 am Yoga stretch and Tone Louise