



FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
				09.30 - 10.30 Forrest Inspired Yoga	08.00 - 09.00 Inferno Hot Pilates	10.00 - 11.10 Gentle Yoga (B)
				18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	09.30 - 10.30 Power Yoga	17.00 - 18.10 Flow Yoga
4	5	6	7	8	9	10
08.45 - 09.45 Hot Yoga	10.00 - 11.00 Hot Yoga	08.45 - 09.45 Strala Yoga	09.30 - 10.30 Hot Yoga	09.30 - 10.30 Forrest Inspired Yoga	08.00 - 09.00 Inferno Hot Pilates	10.00 - 11.10 Gentle Yoga (B)
10.00 - 11.00 Hatha Yoga (B)	18.15 - 19.15 Hot Yoga	10.00 - 11.00 Gentle Restorative Yoga (B)	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	09.30 - 10.30 Hot Yoga	17.00 - 18.10 Flow Yoga
17.30 - 18.40 Hatha Yoga (B)	19.30 - 20.40 Gentle Yoga & Yoga Nidra (B)	18.15 - 19.15 Hatha Yoga (B)	17.30 - 18.30 Hatha Yoga for Beginners (B)		11.00 - 12.00 Hatha Yoga for Beginners (B)	18.45 - 20.00 Restorative Yoga (B)
19.00 - 20.10 Power Yoga		19.30 - 20.30 Hot Yoga	19.00 - 20.00 Hot Yoga		14.00 - 16.30 WORKSHOP: Happy Hips, Healing Chocolate Hearts	
20.30 - 21.30 Hatha Yoga for Beginners (B)			20.15 - 21.15 Gentle Hot Yoga (B)			
11	12	13	14	15	16	17
08.45 - 09.45 Hot Yoga	10.00 - 11.00 Hot Yoga	08.45 - 09.45 Strala Yoga	09.30 - 10.30 Hot Yoga	09.30 - 10.30 Forrest Inspired Yoga	08.00 - 09.00 Inferno Hot Pilates	10.00 - 11.10 Gentle Yoga (B)
10.00 - 11.00 Hatha Yoga (B)	18.15 - 19.15 Hot Yoga	10.00 - 11.00 Gentle Restorative Yoga (B)	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	09.30 - 10.30 Hot Yoga	17.00 - 18.10 Flow Yoga
17.30 - 18.40 Hatha Yoga (B)	19.30 - 20.40 Gentle Yoga & Yoga Nidra (B)	18.15 - 19.15 Hatha Yoga (B)	17.30 - 18.30 Hatha Yoga for Beginners (B)		11.00 - 12.00 Hatha Yoga for Beginners (B)	
19.00 - 20.10 Power Yoga		19.30 - 20.30 Hot Yoga	19.00 - 20.00 Hot Yoga			
20.30 - 21.30 Hatha Yoga for Beginners (B)			20.15 - 21.15 Gentle Hot Yoga (B)			
18	19	20	21	22	23	24
08.45 - 09.45 Hot Yoga	10.00 - 11.00 Hot Yoga	08.45 - 09.45 Strala Yoga	09.30 - 10.30 Hot Yoga	09.30 - 10.30 Forrest Inspired Yoga	08.00 - 09.00 Inferno Hot Pilates	10.00 - 11.10 Gentle Yoga (B)
10.00 - 11.00 Hatha Yoga (B)	18.15 - 19.15 Hot Yoga	10.00 - 11.00 Gentle Restorative Yoga (B)	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	09.30 - 10.30 Hot Yoga	17.00 - 18.10 Flow Yoga
17.30 - 18.40 Hatha Yoga (B)	19.30 - 20.40 Gentle Yoga & Yoga Nidra (B)	18.15 - 19.15 Hatha Yoga (B)	17.30 - 18.30 Hatha Yoga for Beginners (B)		11.00 - 12.00 Hatha Yoga for Beginners (B)	18.45 - 20.00 Restorative Yoga (B)
19.00 - 20.10 Power Yoga		19.30 - 20.30 Hot Yoga	19.00 - 20.00 Hot Yoga			
20.30 - 21.30 Hatha Yoga for Beginners (B)			20.15 - 21.15 Gentle Hot Yoga (B)			
25	26	27	28			
08.45 - 09.45 Hot Yoga	10.00 - 11.00 Hot Yoga	08.45 - 09.45 Strala Yoga	09.30 - 10.30 Hot Yoga			
10.00 - 11.00 Hatha Yoga (B)	18.15 - 19.15 Hot Yoga	10.00 - 11.00 Gentle Restorative Yoga (B)	10.50 - 12.00 Hatha Yoga (B)			
17.30 - 18.40 Hatha Yoga (B)	19.30 - 20.40 Gentle Yoga & Yoga Nidra (B)	18.15 - 19.15 Hatha Yoga (B)	17.30 - 18.30 Hatha Yoga for Beginners (B)			
19.00 - 20.10 Power Yoga		19.30 - 20.30 Hot Yoga	19.00 - 20.00 Hot Yoga			
20.30 - 21.30 Hatha Yoga for Beginners (B)			20.15 - 21.15 Gentle Hot Yoga (B)			

Unless indicated otherwise, all classes are suitable for beginners. Classes marked with (B) are especially suitable for beginners and any courses are indicated with (C).