



# JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
CLOSED	10.00 - 11.00 Hot Yoga 18.15 - 19.15 Hot Yoga 19.30 - 20.45 Flow & Restore Yoga	09.30 - 10.30 Gentle Yoga 18.15 - 19.15 Flow Yoga 19.30 - 20.30 Hot Forrest Yoga	09.30 - 10.30 Hot Yoga 10.50 - 12.00 Hatha Yoga (B) 19.00 - 20.00 Hot Yoga 20.15 - 21.15 Gentle Hot Yoga (B)	09.30 - 10.30 Forrest Inspired Yoga 18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	08.00 - 09.00 Inferno Hot Pilates 09.30 - 10.30 Hot Yoga	10.00 - 11.10 Gentle Yoga (B) 17.00 - 18.15 Forrest Inspired Ashtanga Yoga
Happy New Year!						
8	9	10	11	12	13	14
10.00 - 11.00 Hatha Yoga (B) 17.30 - 18.40 Hatha Yoga (B) 19.00 - 20.15 Power Yoga	10.00 - 11.00 Hot Yoga 18.15 - 19.15 Hot Yoga 19.30 - 20.45 Flow & Restore Yoga	09.30 - 10.30 Gentle Yoga 18.15 - 19.15 Flow Yoga 19.30 - 20.30 Hot Forrest Yoga	09.30 - 10.30 Hot Yoga 10.50 - 12.00 Hatha Yoga (B) 19.00 - 20.00 Hot Yoga 20.15 - 21.15 Gentle Hot Yoga (B)	09.30 - 10.30 Forrest Inspired Yoga 18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	08.00 - 09.00 Inferno Hot Pilates 09.30 - 10.30 Hot Yoga	10.00 - 11.10 Gentle Yoga (B) 17.00 - 18.15 Forrest Inspired Ashtanga Yoga 18.45 - 20.00 Restorative Yoga (B)
15	16	17	18	19	20	21
10.00 - 11.00 Hatha Yoga (B) 17.30 - 18.40 Hatha Yoga (B) 19.00 - 20.15 Power Yoga	10.00 - 11.00 Hot Yoga 18.15 - 19.15 Hot Yoga 19.30 - 20.45 Flow & Restore Yoga	09.30 - 10.30 Gentle Yoga 18.15 - 19.15 Flow Yoga 19.30 - 20.30 Hot Forrest Yoga	09.30 - 10.30 Hot Yoga 10.50 - 12.00 Hatha Yoga (B) 19.00 - 20.00 Hot Yoga 20.15 - 21.15 Gentle Hot Yoga (B)	09.30 - 10.30 Forrest Inspired Yoga 18.00 - 19.00 Gentle Yoga & Yoga Nidra (B) 19.30 - 21.30 WORKSHOP: Face Yoga	08.00 - 09.00 Inferno Hot Pilates 09.30 - 10.30 Hot Yoga 14.00 - 16.30 WORKSHOP: Hips, Hearts & Happiness	10.00 - 11.10 Gentle Yoga (B) 17.00 - 18.15 Forrest Inspired Ashtanga Yoga
22	23	24	25	26	27	28
10.00 - 11.00 Hatha Yoga (B) 17.30 - 18.40 Hatha Yoga (B) 19.00 - 20.15 Power Yoga	10.00 - 11.00 Hot Yoga 18.15 - 19.15 Hot Yoga 19.30 - 20.45 Flow & Restore Yoga	09.30 - 10.30 Gentle Yoga 18.15 - 19.15 Flow Yoga 19.30 - 20.30 Hot Forrest Yoga	09.30 - 10.30 Hot Yoga 10.50 - 12.00 Hatha Yoga (B) 19.00 - 20.00 Hot Yoga 20.15 - 21.15 Gentle Hot Yoga (B)	09.30 - 10.30 Forrest Inspired Yoga 18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	08.00 - 09.00 Inferno Hot Pilates 09.30 - 10.30 Hot Yoga 14.00 - 16.30 WORKSHOP: Detox Body & Mind	10.00 - 11.10 Gentle Yoga (B) 17.00 - 18.15 Forrest Inspired Ashtanga Yoga 18.45 - 20.00 Restorative Yoga (B)
29	30	31	February 1	February 2	February 3	February 4
10.00 - 11.00 Hatha Yoga (B) 17.30 - 18.40 Hatha Yoga (B) 19.00 - 20.15 Power Yoga	10.00 - 11.00 Hot Yoga 18.15 - 19.15 Hot Yoga 19.30 - 20.45 Flow & Restore Yoga	09.30 - 10.30 Gentle Yoga 18.15 - 19.15 Flow Yoga 19.30 - 20.30 Hot Forrest Yoga	09.30 - 10.30 Hot Yoga 10.50 - 12.00 Hatha Yoga (B) 19.00 - 20.00 Hot Yoga 20.15 - 21.15 Gentle Hot Yoga (B)	09.30 - 10.30 Forrest Inspired Yoga 18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	08.00 - 09.00 Inferno Hot Pilates 09.30 - 10.30 Hot Yoga	10.00 - 11.10 Gentle Yoga (B) 17.00 - 18.15 Forrest Inspired Ashtanga Yoga

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).