



# May



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
10.00 - 11.00	Hatha Yoga (B)	10.00 - 11.00	Hot Yoga	09.30 - 10.30	Gentle Yoga	09.30 - 10.30	Hot Yoga	09.30 - 10.30	Forrest Inspired Yoga	09.30 - 10.30	Hot Yoga	10.00 - 11.10	Gentle Yoga (B)
		18.15 - 19.15	Hot Yoga	19.00 - 20.00	Hot Forrest Yoga	10.50 - 12.00	Hatha Yoga (B)	18.00 - 19.00	Gentle Yoga & Yoga Nidra (B)			17.00 - 18.15	Sunday Forrest Yoga
		19.30 - 20.30	Hot Forrest Yoga	20.15 - 21.15	Gentle Vinyasa Flow	19.00 - 20.00	Hot Yoga						
						20.15 - 21.15	Gentle Hot Yoga (B)						
BANK HOLIDAY													
<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
10.00 - 11.00	Hatha Yoga (B)	10.00 - 11.00	Hot Yoga	09.30 - 10.30	Gentle Yoga	09.30 - 10.30	Hot Yoga	09.30 - 10.30	Forrest Inspired Yoga	09.30 - 10.30	Hot Yoga	10.00 - 11.10	Gentle Yoga (B)
17.30 - 18.40	Hatha Yoga (B)	18.15 - 19.15	Hot Yoga	19.00 - 20.00	Hot Forrest Yoga	10.50 - 12.00	Hatha Yoga (B)	18.00 - 19.00	Gentle Yoga & Yoga Nidra (B)			17.00 - 18.15	Sunday Forrest Yoga
19.00 - 20.15	Power Yoga	19.30 - 20.30	Hot Forrest Yoga	20.15 - 21.15	Gentle Vinyasa Flow	19.00 - 20.00	Hot Yoga						
						20.15 - 21.15	Gentle Hot Yoga (B)						
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>	
10.00 - 11.00	Hatha Yoga (B)	10.00 - 11.00	Hot Yoga	09.30 - 10.30	Gentle Yoga	09.30 - 10.30	Hot Yoga	09.30 - 10.30	Forrest Inspired Yoga	09.30 - 10.30	Hot Yoga	10.00 - 11.10	Gentle Yoga (B)
17.30 - 18.40	Hatha Yoga (B)	18.15 - 19.15	Hot Yoga	19.00 - 20.00	Hot Forrest Yoga	10.50 - 12.00	Hatha Yoga (B)	18.00 - 19.00	Gentle Yoga & Yoga Nidra (B)			17.00 - 18.15	Sunday Forrest Yoga
19.00 - 20.15	Power Yoga	19.30 - 20.30	Hot Forrest Yoga	20.15 - 21.15	Gentle Vinyasa Flow	19.00 - 20.00	Hot Yoga	19.30 - 21.30	Handstand Hero & Heroine WORKSHOP			18.45 - 20.00	Restorative Yoga (B)
						20.15 - 21.15	Gentle Hot Yoga (B)						
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
10.00 - 11.00	Hatha Yoga (B)	07.30 - 08.30	Flow Yoga	09.30 - 10.30	Gentle Yoga	09.30 - 10.30	Hot Yoga	09.30 - 10.30	Forrest Inspired Yoga	09.30 - 10.30	Hot Yoga	10.00 - 11.10	Gentle Yoga (B)
17.30 - 18.40	Hatha Yoga (B)	10.00 - 11.00	Hot Yoga	19.00 - 20.00	Hot Forrest Yoga	10.50 - 12.00	Hatha Yoga (B)	18.00 - 19.00	Gentle Yoga & Yoga Nidra (B)				
19.00 - 20.15	Power Yoga	18.15 - 19.15	Hot Yoga	20.15 - 21.15	Gentle Vinyasa Flow	19.00 - 20.00	Hot Yoga						
		19.30 - 20.30	Hot Forrest Yoga			20.15 - 21.15	Gentle Hot Yoga (B)						
										BANK HOLIDAY WEEKEND		BANK HOLIDAY WEEKEND	
<b>29</b>		<b>30</b>		<b>31</b>		<b>June 1</b>		<b>June 2</b>		<b>June 3</b>		<b>June 4</b>	
10.00 - 11.00	Hatha Yoga (B)	07.30 - 08.30	Flow Yoga	09.30 - 10.30	Gentle Yoga	09.30 - 10.30	Hot Yoga	09.30 - 10.30	Forrest Inspired Yoga	09.30 - 10.30	Hot Yoga	10.00 - 11.10	Gentle Yoga (B)
		10.00 - 11.00	Hot Yoga	19.00 - 20.00	Hot Forrest Yoga	10.50 - 12.00	Hatha Yoga (B)	18.00 - 19.00	Gentle Yoga & Yoga Nidra (B)			17.00 - 18.15	Sunday Forrest Yoga
		18.15 - 19.15	Hot Yoga	20.15 - 21.15	Gentle Vinyasa Flow	19.00 - 20.00	Hot Yoga						
		19.30 - 20.30	Hot Forrest Yoga			20.15 - 21.15	Gentle Hot Yoga (B)						
BANK HOLIDAY													

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