



# November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		09.30 - 10.30 Gentle Yoga (B)	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)
		10.45 - 11.45 Inferno Hot Pilates	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 Hot Forrest Yoga
		18.15 - 19.15 Flow Yoga	19.00 - 20.00 Hot Yoga			
		19.30 - 20.30 Hot Forrest Yoga	20.15 - 21.15 Gentle Hot Yoga (B)			
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10.00 - 11.00 Hatha Yoga (B)	07.00 - 08.00 Flow Yoga	09.30 - 10.30 Gentle Yoga (B)	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)
17.30 - 18.40 Hatha Yoga (B)	10.00 - 11.00 Hot Yoga	10.45 - 11.45 Inferno Hot Pilates	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 Hot Forrest Yoga
19.00 - 20.10 Power Yoga	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow Yoga	19.00 - 20.00 Hot Yoga			
	19.30 - 20.30 Hot Forrest Yoga	19.30 - 20.30 Hot Forrest Yoga	20.15 - 21.15 Gentle Hot Yoga (B)			
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10.00 - 11.00 Hatha Yoga (B)	07.00 - 08.00 Flow Yoga	09.30 - 10.30 Gentle Yoga (B)	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)
17.30 - 18.40 Hatha Yoga (B)	10.00 - 11.00 Hot Yoga	10.45 - 11.45 Inferno Hot Pilates	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 Hot Forrest Yoga
19.00 - 20.10 Power Yoga	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow Yoga	19.00 - 20.00 Hot Yoga		14.00 - 16.30 WORKSHOP: Hearts, Hips and Happiness	18.45 - 20.00 Restorative Yoga (B)
	19.30 - 20.30 Hot Forrest Yoga	19.30 - 20.30 Hot Forrest Yoga	20.15 - 21.15 Gentle Hot Yoga (B)			
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10.00 - 11.00 Hatha Yoga (B)	07.00 - 08.00 Flow Yoga	09.30 - 10.30 Gentle Yoga (B)	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	10.45 - 11.45 Inferno Hot Pilates	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)		17.00 - 18.10 Hot Forrest Yoga
19.00 - 20.10 Power Yoga	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow Yoga	19.00 - 20.00 Hot Yoga			
	19.30 - 20.30 Hot Forrest Yoga	19.30 - 20.30 Hot Forrest Yoga	20.15 - 21.15 Gentle Hot Yoga (B)			
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
10.00 - 11.00 Hatha Yoga (B)	07.00 - 08.00 Flow Yoga	09.30 - 10.30 Gentle Yoga (B)	09.30 - 10.30 Hot Yoga			
17.30 - 18.40 Hatha Yoga (B)	10.00 - 11.00 Hot Yoga	10.45 - 11.45 Inferno Hot Pilates	10.50 - 12.00 Hatha Yoga (B)			
19.00 - 20.10 Power Yoga	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow Yoga	19.00 - 20.00 Hot Yoga			
	19.30 - 20.30 Hot Forrest Yoga	19.30 - 20.30 Hot Forrest Yoga	20.15 - 21.15 Gentle Hot Yoga (B)			

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