



October



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
2		3		4		5		6		7		8	
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	18.15 - 19.15	Flow Yoga	10.50 - 12.00	Hatha Yoga (B)	18.00 - 19.00	Gentle Yoga & Yoga Nidra (B)	17.00 - 18.15	Ashtanga Inspired Yoga	17.00 - 18.10	Hot Forrest Yoga
19.00 - 20.10	Power Yoga	18.15 - 19.15	Hot Yoga	19.30 - 20.30	Hot Forrest Yoga	19.00 - 20.00	Hot Yoga					18.45 - 20.00	Restorative Yoga (B)
		19.30 - 20.30	Hot Forrest Yoga			20.15 - 21.15	Gentle Hot Yoga (B)						
9		10		11		12		13		14		15	
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	18.15 - 19.15	Flow Yoga	10.50 - 12.00	Hatha Yoga (B)	18.00 - 19.00	Gentle Yoga & Yoga Nidra (B)	17.00 - 18.15	Ashtanga Inspired Yoga	17.00 - 18.10	Hot Forrest Yoga
19.00 - 20.10	Power Yoga	18.15 - 19.15	Hot Yoga	19.30 - 20.30	Hot Forrest Yoga	19.00 - 20.00	Hot Yoga	19.30 - 21.00	WORKSHOP: Ashtanga as a Daily Practice				
		19.30 - 20.30	Hot Forrest Yoga			20.15 - 21.15	Gentle Hot Yoga (B)						
16		17		18		19		20		21		22	
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	18.15 - 19.15	Flow Yoga	10.50 - 12.00	Hatha Yoga (B)	18.00 - 19.00	Gentle Yoga & Yoga Nidra (B)	17.00 - 18.15	Ashtanga Inspired Yoga	17.00 - 18.10	Hot Forrest Yoga
19.00 - 20.10	Power Yoga	18.15 - 19.15	Hot Yoga	19.30 - 20.30	Hot Forrest Yoga	19.00 - 20.00	Hot Yoga					18.45 - 20.00	Restorative Yoga (B)
		19.30 - 20.30	Hot Forrest Yoga			20.15 - 21.15	Gentle Hot Yoga (B)						
23		24		25		26		27		28		29	
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	9.30 - 10.30	Hot Yoga	10.00 - 11.10	Gentle Yoga (B)
17.30 - 18.40	Hatha Yoga (B)	10.00 - 11.00	Hot Yoga	18.15 - 19.15	Flow Yoga	10.50 - 12.00	Hatha Yoga (B)	18.00 - 19.00	Gentle Yoga & Yoga Nidra (B)	17.00 - 18.15	Ashtanga Inspired Yoga	17.00 - 18.10	Hot Forrest Yoga
19.00 - 20.10	Power Yoga	18.15 - 19.15	Hot Yoga	19.30 - 20.30	Hot Forrest Yoga	19.00 - 20.00	Hot Yoga						
		19.30 - 20.30	Hot Forrest Yoga			20.15 - 21.15	Gentle Hot Yoga (B)						
30		31		November 1		November 2		November 3		November 4		November 5	
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	9.30 - 10.30	Hot Yoga	10.00 - 11.10	Gentle Yoga (B)
17.30 - 18.40	Hatha Yoga (B)	10.00 - 11.00	Hot Yoga	18.15 - 19.15	Flow Yoga	10.50 - 12.00	Hatha Yoga (B)	18.00 - 19.00	Gentle Yoga & Yoga Nidra (B)	17.00 - 18.15	Ashtanga Inspired Yoga	17.00 - 18.15	Hot Forrest Yoga
19.00 - 20.10	Power Yoga	18.15 - 19.15	Hot Yoga	19.30 - 20.30	Hot Forrest Yoga	19.00 - 20.00	Hot 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).