



August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
	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)
	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 Hot Forrest Yoga
	18.15 - 19.15 Hot Yoga		19.00 - 20.00 Hot Yoga			
			20.15 - 21.15 Gentle Hot Yoga (B)			
7	8	9	10	11	12	13
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	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 Hot Forrest Yoga
19.00 - 20.15 Power Yoga	18.15 - 19.15 Hot Yoga		19.00 - 20.00 Hot Yoga			
			20.15 - 21.15 Gentle Hot Yoga (B)			
14	15	16	17	18	19	20
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	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 Hot Forrest Yoga
19.00 - 20.15 Power Yoga	18.15 - 19.15 Hot Yoga		19.00 - 20.00 Hot Yoga			
			20.15 - 21.15 Gentle Hot Yoga (B)			
21	22	23	24	25	26	27
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	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 Hot Forrest Yoga
19.00 - 20.15 Power Yoga	18.15 - 19.15 Hot Yoga		19.00 - 20.00 Hot Yoga			
			20.15 - 21.15 Gentle Hot Yoga (B)			
28	29	30	31	September 1	September 2	September 3
10.00 - 11.10 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)
	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 Hot Forrest Yoga
	18.15 - 19.15 Hot Yoga		19.00 - 20.00 Hot Yoga			
			20.15 - 21.15 Gentle Hot Yoga (B)			
Bank Holiday Monday						

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