



June



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
			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)
			10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)		17.00 - 18.15 Forrest (Hot)
			19.00 - 20.00 Hot Yoga			
			20.15 - 21.15 Gentle Hot Yoga (B)			
5	6	7	8	9	10	11
10.00 - 11.00 Hatha Yoga (B)	07.15 - 08.15 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 Forrest (Hot)	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)		17.00 - 18.15 Forrest (Hot)
19.00 - 20.15 Power Yoga	18.15 - 19.15 Hot Yoga	20.15 - 21.15 Gentle Vinyasa Flow (B)	19.00 - 20.00 Hot Yoga			18.45 - 20.00 Restorative Yoga (B)
	19.30 - 20.30 Forrest (Hot)		20.15 - 21.15 Gentle Hot Yoga (B)			
12	13	14	15	16	17	18
10.00 - 11.00 Hatha Yoga (B)	07.15 - 08.15 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 Forrest (Hot)	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)		17.00 - 18.15 Forrest (Hot)
19.00 - 20.15 Power Yoga	18.15 - 19.15 Hot Yoga	20.15 - 21.15 Gentle Vinyasa Flow (B)	19.00 - 20.00 Hot Yoga			
	19.30 - 20.30 Forrest (Hot)		20.15 - 21.15 Gentle Hot Yoga (B)			
19	20	21	22	23	24	25
10.00 - 11.00 Hatha Yoga (B)	07.15 - 08.15 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 Forrest (Hot)	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)		17.00 - 18.15 Forrest (Hot)
19.00 - 20.15 Power Yoga	18.15 - 19.15 Hot Yoga	20.15 - 21.15 Gentle Vinyasa Flow (B)	19.00 - 20.00 Hot Yoga			18.45 - 20.00 Restorative Yoga (B)
	19.30 - 20.30 Forrest (Hot)		20.15 - 21.15 Gentle Hot Yoga (B)			
26	27	28	29	30	July 1	July 2
10.00 - 11.00 Hatha Yoga (B)	07.15 - 08.15 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 Forrest (Hot)	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)		17.00 - 18.15 Forrest (Hot)
19.00 - 20.15 Power Yoga	18.15 - 19.15 Hot Yoga	20.15 - 21.15 Gentle Vinyasa Flow (B)	19.00 - 20.00 Hot Yoga			
	19.30 - 20.30 Forrest (Hot)		20.15 - 21.15 Gentle Hot Yoga (B)			

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