



# November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
			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)
			10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	09.30 - 10.30 Hot Yoga	17.00 - 18.10 Flow Yoga
			19.00 - 20.00 Hot Yoga			18.45 - 20.00 Restorative Yoga (B)
			20.15 - 21.15 Gentle Hot Yoga (B)			
5	6	7	8	9	10	11
06.30 - 7.30 Inferno Hot Pilates	10.00 - 11.00 Hot Yoga	09.30 - 10.30 Yin Yoga	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)
10.00 - 11.00 Hatha Yoga (B)	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow & Restore	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 Flow Yoga
17.30 - 18.40 Hatha Yoga (B)	19.30 - 20.45 Gentle Yoga & Yoga Nidra (B)	19.30 - 20.30 Bikram Inspired Hot Yoga	19.00 - 20.00 Hot Yoga			
19.00 - 20.10 Power Yoga			20.15 - 21.15 Gentle Hot Yoga (B)			
12	13	14	15	16	17	18
06.30 - 7.30 Inferno Hot Pilates	10.00 - 11.00 Hot Yoga	09.30 - 10.30 Yin Yoga	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)
10.00 - 11.00 Hatha Yoga (B)	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow & Restore	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	09.30 - 10.30 Hot Yoga	13.00 - 16.00 Yin Fascial Yoga Workshop
17.30 - 18.40 Hatha Yoga (B)	19.30 - 20.45 Gentle Yoga & Yoga Nidra (B)	19.30 - 20.30 Bikram Inspired Hot Yoga	19.00 - 20.00 Hot Yoga			17.00 - 18.10 Flow Yoga
19.00 - 20.10 Power Yoga			20.15 - 21.15 Gentle Hot Yoga (B)			
19	20	21	22	23	24	25
06.30 - 7.30 Inferno Hot Pilates	10.00 - 11.00 Hot Yoga	09.30 - 10.30 Yin Yoga	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)
10.00 - 11.00 Hatha Yoga (B)	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow & Restore	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 Flow Yoga
17.30 - 18.40 Hatha Yoga (B)	19.30 - 20.45 Gentle Yoga & Yoga Nidra (B)	19.30 - 20.30 Bikram Inspired Hot Yoga	19.00 - 20.00 Hot Yoga		14.00 - 16.30 Happy Hips, Healing Chocolate Hearts Workshop	18.45 - 20.00 Restorative Yoga (B)
19.00 - 20.10 Power Yoga			20.15 - 21.15 Gentle Hot Yoga (B)			
26	27	28	29	30		
06.30 - 7.30 Inferno Hot Pilates	10.00 - 11.00 Hot Yoga	09.30 - 10.30 Yin Yoga	09.30 - 10.30 Hot Yoga	09.30 - 10.30 Forrest Inspired Yoga		
10.00 - 11.00 Hatha Yoga (B)	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow & Restore	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.30 Yoga in the Dark in aid of RNIB		
17.30 - 18.40 Hatha Yoga (B)	19.30 - 20.45 Gentle Yoga & Yoga Nidra (B)	19.30 - 20.30 Bikram Inspired Hot Yoga	19.00 - 20.00 Hot Yoga			
19.00 - 20.10 Power 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).