



July



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
3		4		5		6		7		8		9	
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	20.15 - 21.15	Gentle Vinyasa Flow (B)	19.00 - 20.00	Hot Yoga						
		19.30 - 20.30	Hot Forrest Yoga			20.15 - 21.15	Gentle Hot Yoga (B)						
10		11		12		13		14		15		16	
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	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	Hot Forrest Yoga			20.15 - 21.15	Gentle Hot Yoga (B)						
17		18		19		20		21		22		23	
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	20.15 - 21.15	Gentle Vinyasa Flow (B)	19.00 - 20.00	Hot Yoga						
		19.30 - 20.30	Hot Forrest Yoga			20.15 - 21.15	Gentle Hot Yoga (B)						
24		25		26		27		28		29		30	
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	19.00 - 20.00	Forrest Inspired Yoga	20.15 - 21.15	Gentle Vinyasa Flow (B)	19.00 - 20.00	Hot Yoga						
						20.15 - 21.15	Gentle Hot Yoga (B)						
31		August 1		August 2		August 3		August 4		August 5		August 6	
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	19.00 - 20.00	Forrest Inspired Yoga	20.15 - 21.15	Gentle Vinyasa Flow (B)	19.00 - 20.00	Hot Yoga						
						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).