



MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
			09.30 - 10.30 Hot Yoga	09.30 - 10.30 Forrest Inspired Yoga	08.00 - 09.00 Inferno Hot Pilates	17.00 - 18.15 Forrest Inspired Ashtanga Yoga
			10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	09.30 - 10.30 Hot Yoga	
			19.00 - 20.00 Hot Yoga			
			20.15 - 21.15 Gentle Hot Yoga (B)			Bath Half Marathon
5	6	7	8	9	10	11
10.00 - 11.00 Hatha Yoga (B)	10.00 - 11.00 Hot Yoga	09.30 - 10.30 Gentle 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)
17.30 - 18.40 Hatha Yoga (B)	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow Yoga	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	09.30 - 10.30 Hot Yoga	17.00 - 18.15 Forrest Inspired Ashtanga Yoga
19.00 - 20.15 Power Yoga	19.30 - 20.45 Flow & Restore Yoga	19.30 - 20.30 Hot Forrest Yoga	19.00 - 20.00 Hot Yoga			18.45 - 20.00 Restorative Yoga (B)
			20.15 - 21.15 Gentle Hot Yoga (B)			
12	13	14	15	16	17	18
10.00 - 11.00 Hatha Yoga (B)	10.00 - 11.00 Hot Yoga	09.30 - 10.30 Gentle Yoga	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)	18.15 - 19.15 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 Forrest Inspired Ashtanga Yoga
19.00 - 20.15 Power Yoga	19.30 - 20.45 Flow & Restore Yoga	19.30 - 20.30 Hot Forrest Yoga	19.00 - 20.00 Hot Yoga			
			20.15 - 21.15 Gentle Hot Yoga (B)			
19	20	21	22	23	24	25
10.00 - 11.00 Hatha Yoga (B)	10.00 - 11.00 Hot Yoga	09.30 - 10.30 Gentle 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)
17.30 - 18.40 Hatha Yoga (B)	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow Yoga	10.50 - 12.00 Hatha Yoga (B)	18.00 - 19.00 Gentle Yoga & Yoga Nidra (B)	09.30 - 10.30 Hot Yoga	17.00 - 18.15 Forrest Inspired Ashtanga Yoga
19.00 - 20.15 Power Yoga	19.30 - 20.45 Flow & Restore Yoga	19.30 - 20.30 Hot Forrest Yoga	19.00 - 20.00 Hot Yoga			18.45 - 20.00 Restorative Yoga (B)
			20.15 - 21.15 Gentle Hot Yoga (B)			
26	27	28	29	30	31	April 1
10.00 - 11.00 Hatha Yoga (B)	10.00 - 11.00 Hot Yoga	09.30 - 10.30 Gentle Yoga	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)	18.15 - 19.15 Hot Yoga	18.15 - 19.15 Flow Yoga	10.50 - 12.00 Hatha Yoga (B)			
19.00 - 20.15 Power Yoga	19.30 - 20.45 Flow & Restore Yoga	19.30 - 20.30 Hot Forrest Yoga	19.00 - 20.00 Hot Yoga			
			20.15 - 21.15 Gentle Hot Yoga (B)			
				Good Friday		Easter Sunday

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