

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	6.30am Level 1 LP*	6.00am Level 1 Amanda	6.00am Level 2 David	6.45am INTRO Harriet	6.00am Level 2 LP*	7.00am Level 2 David	6.45am Iyengar Teachers Backbends Practice
	10.00am Level 1 Candace	10.00am Level 3 Amanda	10.00am Level 1 David	10.00am Level 2 Candace	10.00am INTRO David	9.00am Level 1 David	9.00am PRANAYAMA Amanda
						10.45am INTRO Candace	10.00am Level 2 Amanda
pm	1.30pm Bridging Amanda	3.45pm Childrens Yoga Harriet	1.00pm 50+/Intro David			12.15pm Teens Yoga Candace	12.00pm Level 1 Amanda
	*New class 5.30pm Level 1 Amanda	5.30pm Level 1 David	5.30pm INTRO Amanda	5.30pm Level 1 David			4.00pm INTRO Harriet
	7.00pm Level 2 Amanda	7.15pm INTRO David	7.00pm Level 1 Amanda	7.15pm Level 2 Intro David			5.30pm Level 1 Harriet