

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		6.00am Level 1 Candace	6.00am Level 2 David	6.30am Teacher Training Amanda		7.00am Level 2 David	6.30am Level 4 Amanda
	10.00am Level 1 Candace	10.00am Level 3 Amanda	10.00am Level 1 David	10.00am Level 1 & 2 Candace	10.00am Beginners* David	9.00am Level 1 David	9.00am PRANAYAMA Amanda
	11.45am Level 4 Amanda						10.00am Level 2 Amanda
pm	1.30pm Bridge Amanda		12.00pm 50+ (Beginners) David				12.00pm Level 1 Amanda
	5.30pm Level 1 & 2 Amanda	5.30pm Level 1 David	5.30pm Beginners* Amanda	6.00pm Level 1 & 2 David			5.30pm Level 1 Harriet
	7.30pm Beginners* Amanda	7.30pm Beginners* David	7.00pm Level 1 Amanda				