

TIMETABLE

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10am	All Levels	All Levels	All Levels	All Levels	All Levels		
6:00am	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate	Beginner	
7:00am	Beginner	All Levels	Beginner	Beginner	Intermediate	Beginner	
8:30am	Intermediate	Beginner	Intermediate	Beginner	Beginner	(8:00am) Intermediate	(8:00am) Intermediate
9:30am	Beginner	Intermediate	(9:30am) Beginner (12:30pm) All Levels	Beginner	Beginner	(9:00am) Beginner (10:15am) All Levels	(8:45am) Beginner (9:30am) All Levels
5pm	(4:30pm) Beginner	Beginner	(4:30pm) Beginner (5:30pm) Beginner	Beginner	Yin Yoga		
6pm	(5:30pm) Intermediate	Intermediate	(6:30pm) All Levels	Beginner			
7pm	(6:30pm) Beginner			All Levels			