



# YOGA & BODY WORK



JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1 SUP YOGA 8am Yin YOGA 7.30pm	2 EveryBODY YOGA 10am BODY WORK	3 SUP YOGA 8am	4 SUP YOGA 8am	5 SUP YOGA 8am Yin and Swim YOGA 5pm
6	7	8 BODY WORK Yin YOGA 7.30pm	9 EveryBODY YOGA 10am	10	11	12 SUP YOGA 8am Yin and Swim YOGA 5pm
13 Full Moon SUP 7pm	14	15 BODY WORK Yin YOGA 7.30pm	16 EveryBODY YOGA 10am	17	18	19 SUP YOGA 8am Yin and Swim YOGA 5pm
20	21	22 BODY WORK Yin YOGA 7.30pm	23 EveryBODY YOGA 10am	24	25 SUP YOGA 8am	26 SUP YOGA 8am





# YOGA & BODY WORK



JANUARY  
FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 SUP YOGA 8am	28	29 BODY WORK Yin YOGA 7.30pm	30 EveryBODY YOGA 10am	31	1	2 SUP YOGA 8am Yin and Swim YOGA 5pm
3	4	5 BODY WORK Yin YOGA 7.30pm	6 EveryBODY YOGA 10am	7	8	9 SUP YOGA 8am Yin and Swim YOGA 5pm
10	11 Yin YOGA 7.30pm	12 Full Moon SUP 7.15pm	13 EveryBODY YOGA 10am BODY WORK	14	15	16 SUP YOGA 8am Yin and Swim YOGA 5pm
17	18	19 Yin YOGA 7.30pm	20 EveryBODY YOGA 10am BODY WORK	21	22	23 SUP YOGA 8am Yin and Swim YOGA 5pm

