



## class schedule

as from 02/10/17



	monday	tuesday	wednesday	thursday	friday
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**morning**

YOGA ASHTANGA FLOW\*  
7:15 - 8:15  
Georgina  
\*subject to numbers

PILATES  
10:30 - 11:30  
Vicki

YOGA HATHA FLOW  
10:30 - 11:30  
Georgina

**afternoon**

SOMATICS EXPRESS  
13:00 - 13:45  
Richard

SOMATICS EXPRESS  
13:00 - 13:45  
Richard

**evening**

YOGA ASHTANGA FLOW  
18:00 - 19:00  
Georgina

BEGINNER YOGA COURSE  
18:00 - 19:00  
Georgina

PILATES  
18:00 - 19:00  
Vicki

YOGA ASHTANGA FLOW  
19:15 - 20:15  
Georgina

SOMATICS COURSE  
19:15 - 20:15  
Richard

YOGA ASHTANGA FLOW  
19:30 - 21:00  
Georgina