

TIMES	MON	TUES	WED	THURS	FRI	SAT
9.00am						
7.00am			Yoga Mt Edgecombe		Yoga Mt Edgecombe	
8.00am						Yoga
8.30am	Yoga		Yoga		Yoga	
9.00am		Yoga Therapy		Yoga Therapy		
10.00am						Pregnancy Yoga
11.00am						
2.00pm	Children's Yoga					
4.00pm			Pregnancy Yoga			
5.30pm	Yoga		Yoga			
6.00pm		Yoga (beginners)		Yoga		