

Monday 01/01/2018	Tuesday 02/01/2018	Wednesday 03/01/2018	Thursday 04/01/2018	Friday 05/01/2018	Saturday 06/01/2018	Sunday 07/01/2018
CLOSED Bank Holiday					BEGINNERS	BEGINNERS
	GENERAL 9.30-11.00 Ofra Graham		BEGINNERS 9.30-11.00 Korinna Pilafidis-Williams	INTERMEDIATE 9.30-11.30 Penny Chaplin	8.15-9.45 Amparo Rodriguez	9.30-11.00 Rosemary da Silva
	BEGINNERS 11.15-12.45 Ofra Graham	GENERAL 10.00-11.30 Elisabeth Wengersky		BEGINNERS 10.00-11.30 Marco Cannavo	GENERAL 8.30-10.00 Rosemary da Silva	INTERMEDIATE 10.00-12.00 Alaric Newcombe
		BEGINNERS 11.45-1.15 Judy Lynn		60+ 11.45-1.15 Joyce Furrer	INTERMEDIATE 10.00-12.00 Judy Lynn	GENERAL 12.30-2.00 Alaric Newcombe
		GENTLE YOGA 12.00-1.30 Rosemary da Silva		GENERAL 12.00-1.30 Marco Cannavo	BEGINNERS 12.15-1.45 Stuart Miller	PREGNANCY 3.00-4.30 Harshini Wikramanayake
		TEACHERS 2.00-4.00 Penny Chaplin	GENERAL 2.00-3.00 Penny Chaplin		GENERAL 3.30-5.00 Aubrey Maasdorp	
			BEGINNERS 4.00-5.30 Marco Cannavo		BEGINNERS 5.00-6.30 Megan Inglesent	BEGINNERS 5.00-6.30 Kate Rathod
	BEGINNERS 6.15-8.15 Barbara Norvell	BEGINNERS 6.15-7.45 Aubrey Maasdorp		GENERAL 6.15-7.45 Elisabeth Wengersky		GENERAL 6.30-8.00 Kate Rathod
	INTERMEDIATE 6.30-8.30 Marco Cannavo	GENERAL 6.30-8.00 Penny Chaplin	INTERMEDIATE 6.30-8.30 Marco Cannavo	RESTORATIVE & PRANAYAMA 6.30-8.00 To be confirmed		
	GENERAL 7.45-9.15 Barbara Norvell	BEGINNERS 7.45-9.15 Hazel Sainsbury	BEGINNERS 6.30-8.00 Megan Inglesent			