

Christmas & New Year Class Timetable 2018/2019

We thank you for your support in 2018 and wish you a safe, joyful and family-friendly festive season and New Year ~ Namaste

Monday 24 Dec	8am	Fun Festive Yoga Flow & Chai! with Laura (wear your Xmas hat or earrings and stay for a cuppa!)
Tuesday 25 Dec		Christmas Day ~ Closed
Wednesday 26 Dec		Boxing Day ~ Closed
Thursday 27 Dec	6.00pm	Yin-Yang with Irena
Friday 28 Dec	6.00pm	Yin with Laura
Saturday 29 Dec	7.30am 9.00am	Vinyasa Flow with Irena Hatha with Irena
Sunday 30 Dec	5.00pm	Yin with Laura
Monday 31 Dec	9.00am	Gentle Yoga with Natasha





Tuesday 1 Jan		New Year's Day ~ Closed
Wednesday 2 Jan	6.00pm	Vinyasa with Helen
Thursday 3 Jan	9.00am	Hatha with Laura
Friday 4 Jan	6.00pm	Yin with Laura
Saturday 5 Jan	7.30am 9.00am 6.00pm	Vinyasa Flow with Natalie Hatha with Irena Sound Healing with Cassie
Sunday 6 Jan	9.00am 5.00pm	Gentle Yoga with Natasha Yin with Laura
Monday 7 Jan	6.00pm	Vinyasa Flow with Natalie
Tuesday 8 Jan	6.00pm	Yin with Natasha
Wednesday 9 Jan	6.00pm	Hatha with Cameron
Thursday 10 Jan	6.00pm	Yin Yang with Irena
Friday 11 Jan	6.00pm	Yin with Laura
Saturday 12 Jan	7.30am 9.00am	Vinyasa Flow with Natalie Hatha with Irena
Sunday 13 Jan	5.00pm	Yin with Dani

***Our regular timetable resumes from Monday 14 January 2019.
Happy New Year!***