



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OCT 18	OCT 19	OCT 20	OCT 21	OCT 22	OCT 23	OCT 24
	9am Vinyasa Flow						9am Power Flow
				10am Slow Flow		10am Slow Flow	
					11:30am Mom & Baby Post Natal Yoga (pre-registered)		
		6pm Prenatal Yoga (pre-registered)				6pm Restorative/Yin Fusion	
			6:30pm Slow Flow	6:30pm Yoga for Beginners (pre- registered)			
		7:30pm Broga, Yoga for Men					
					8pm Broga, Yoga for Men		
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