

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30-8am <i>Deepening/Expanding With Jo</i>				
	9-10:15am <i>Foundation/Deepening With Clare</i>				8:45-10am <i>All Welcome Practice With Changing Teacher</i>	9-10am <i>Aerial Expanding With Emma</i>
	10:30-11:45am <i>Foundation/Deepening With Clare</i>	10:15-11:45am <i>Young@Heart With Jeanette</i>		10:15-11:30am <i>Soma Refresh Yoga With Jeanette</i>		10:30-11:30am <i>Aerial Deepening With Emma</i>
	12:30-1:30pm <i>Lunchtime With Emma</i>	12:30-1:15pm <i>Aerial With Emma</i>	12:30-1:15pm <i>Aerial restorative With Emma</i>	12-1pm <i>Lunch time With Emma</i>		12-1pm <i>Aerial Foundation With Emma</i>
4-5pm <i>Youth Yoga Ages 8-12 With Bonita</i>				4-5pm <i>Youth Chill Ages 13-17 With Bonita</i>	<i>Last Saturday of each month</i> <i>3-4pm Deep Relaxation With Lauren</i>	
5:30-6:45pm <i>Foundation/Deepening With Cath</i>	5:30-6:30pm <i>Aerial Foundation For strength With Abigael</i>	5:30-6:45pm <i>All levels Welcome With Cath</i>	5:30-6:45pm <i>Deepening With Emma</i>		<i>Last Saturday of each month</i> <i>4:15-5:15pm Loving kindness Meditation With Lauren</i>	
7:15-8:30pm <i>Foundation With Cath</i>		7:15-8:30pm <i>Deepening With Cath</i>	7:15-8:30pm <i>Foundation/Deepening With Jo</i>			

