



YOGA & BODY WORK



DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	4	6	7
8	9	10	11	12	13	14 SUP YOGA 8am
15	16	17 Yin YOGA 7.30pm	18 EveryBODY YOGA 10am BODY WORK	19	20	21
22	23	24	25	26	27 SUP YOGA 4pm	28 SUP YOGA 8am





YOGA & BODY WORK



JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3 SUP YOGA 8am Full Moon SUP 8pm	4 Yin and Swim YOGA 5pm
5	6	7 Yin YOGA 7.30pm	8 EveryBODY YOGA 10am BODY WORK	9	10 SUP YOGA 8am	11 Yin and Swim YOGA 5pm
12	13	14 Yin YOGA 7.30pm	15 EveryBODY YOGA 10am BODY WORK	16	17	18
19	20	21 Yin YOGA 7.30pm	22 EveryBODY YOGA 10am BODY WORK	23	24 SUP YOGA 2pm	25 SUP YOGA 8am Yin and Swim YOGA 5pm





YOGA & BODY WORK



FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28 Yin YOGA 7.30pm	29 EveryBODY YOGA 10am BODY WORK	30	31	1 SUP YOGA 8am Full Moon SUP 7.30pm
2	3	4 Yin YOGA 7.30pm	5 EveryBODY YOGA 10am BODY WORK	6	7	8 Yin and Swim YOGA 5pm
9	10	11 Yin YOGA 7.30pm	12 EveryBODY YOGA 10am BODY WORK	13	14	15
16	17	18 Yin YOGA 7.30pm	18	20	21	22

