

Class Schedule

(valid from 16th August 2017)

Monday	5 pm	Beginners' Apparatus Class
	6 pm	Intermediate Level Apparatus Class
	7.30 pm	Intermediate Level Apparatus Class
Tuesday	12 pm	Intermediate Level Apparatus Class
	1 pm	Intermediate Level Apparatus Class
	6.15 pm	Beginners' Apparatus Class
	6.30pm	Beginners' Mat Class
	7.30 pm	Intermediate Level Apparatus Class
Wednesday	6.15 pm	Intermediate Classical Mat Class
Thursday	9.15 am	Kundalini Yoga with Nina
	1 pm	Intermediate Level Apparatus Class
	5 pm	Intermediate Level Apparatus Class
	6.15 pm	Advanced Level Apparatus Class
	7.30 pm	Intermediate Level Apparatus Class
Friday	6 pm	Intermediate Level Apparatus Class
Saturday	10 am	Intermediate Level Apparatus Class