

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8am Ashtanga Yoga Robin	7-8am Ashtanga Yoga Robin	7-8am Ashtanga Yoga Robin	7-8am Ashtanga Yoga Robin	7-8am Ashtanga Yoga Robin		
		7.30-8am Wake up Yoga Lisa				
9.30-10.30am Stretch Relax Lisa	9.30-10.30am Slow Flow Lisa		10-11.30 am Stretch Relax Nidra Laura	9.30-10.30am Stretch Relax Lisa	9.30-10.30 Slow Flow Lisa	
					10-11 Core Pilates AudraJean	
6-7pm Vinyasa Flow Lisa	6-7.30pm Stretch Relax, Nidra Lisa	6-7pm Slow Flow Fran	6-7pm Focused Flow Lisa	5.30-6.30 Weekend Wind-down Lisa		6-7pm Yin Yoga Laura
6-7pm Slow Flow Laura	6.15-7.30pm Flow Yoga Vicky		7-8pm Flow Yoga Vicky			
Online Only		Nether Whitacre Studio & Online			Atherstone Studio & Online	