

# April 2018

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	26 WEEK 3 YOGA 10:30  PILATES 6	27 YOGA 11:00 YOGA 18:30 YOGA 19:45	28 YOGA 18:30	29 YOGA 18:30 YOGA 19:45	30	31 YOGA & CREATIVITY DAY RETREAT 10:00	1
	2 WEEK 4 BANK HOLIDAY	3 YOGA 11:00 YOGA 18:30 YOGA 19:45	4 YOGA 18:30	5 YOGA 18:30 YOGA 19:45	6 ADD-ON YOGA 10:30	7	8
15	9 WEEK 5 YOGA 10:30	10 YOGA 11:00 YOGA 18:30 YOGA 19:45	11 TAI CHI 10:00 YOGA 18:30	12 YOGA 18:30 YOGA 19:45	13	14	15
	16 WEEK 6 YOGA 10:30	17 YOGA 11:00 YOGA 18:30 YOGA 19:45	18 TAI CHI 10:00 YOGA 18:30	19 YOGA 18:30 YOGA 19:45	20	21 CREATIVE YOGI ART JOURNALS 10:00	22
17	23 WEEK 7 YOGA 10:30  PILATES 1	24 PILATES 09:00 YOGA 11:00 YOGA 18:30 YOGA 19:45	25 TAI CHI 10:00 YOGA 18:30	26 YOGA 18:30 YOGA 19:45	27	28 RESTORATIVE YOGA 10:00	29
	30 WEEK 1 YOGA 10:30  PILATES 2	1 PILATES 09:00 YOGA 11:00 YOGA 18:30 YOGA 19:45	2 TAI CHI 10:00 YOGA 18:30	3 YOGA 18:30 YOGA 19:45	4	5	6