

April 2019

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	1	2	3	4	5	6	7
	YOGA 10.30 PILATES 17.30 PILATES 18.45	YOGA 11.00 YOGA 18.30 YOGA 19.45	TAI CHI 10.00 ENERGY FLOW 18.30	YOGA 18.30 YOGA 19.45			
5	8	9	10	11	12	13	14
	YOGA 10.30 PILATES 17.30 PILATES 18.45	YOGA 11.00 YOGA 18.30 YOGA 19.45	TAI CHI 10.00 ENERGY FLOW 18.30	YOGA 18.30 YOGA 19.45			
6a	15	16	17	18	19	20	21
	YOGA 10.30	STUDIO CLOSED	STUDIO CLOSED	STUDIO CLOSED	Good Friday		
6b	22	23	24	25	26	27	28
	Easter Monday STUDIO CLOSED	YOGA 11.00 YOGA 18.30 YOGA 19.45	TAI CHI 10.00 ENERGY FLOW 18.30	YOGA 18.30 YOGA 19.45		RESTORATIVE YOGA 10.00	
7a	29	30	1	2	3	4	5
	YOGA 10.30 PILATES 17.30 PILATES 18.45	YOGA 11.00	TAI CHI 10.00	STUDIO CLOSED			