

January 2019

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0	31	1	2	3	4	5	6
		New Year's Day RESTORATIVE 10.00 – 12.00	Studio closed	Studio closed	Studio closed		
1	7	8	9	10	11	12	13
	YOGA 10.30	YOGA 11.00 YOGA 18.30 YOGA 7.45	ENERGY FLOW 18.30	YOGA 18.30 YOGA 19.45	Studio closed		
2	14	15	16	17	18	19	20
	YOGA 10.30	YOGA 11.00 YOGA 18.30 YOGA 7.45	ENERGY FLOW 18.30	YOGA 18.30 YOGA 19.45	Studio closed		
3	21	22	23	24	25	26	27
	YOGA 10.30	YOGA 11.00 YOGA 18.30 YOGA 7.45	ENERGY FLOW 18.30	YOGA 18.30 YOGA 19.45	Studio closed		
4a	28	29	30	31	1	2	3
	YOGA 10.30	YOGA 11.00 YOGA 18.30 YOGA 7.45	Studio closed India Retreat	Studio closed India Retreat	Studio closed India Retreat		