

# July 2018

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	25	26	27	28	29	30	1
7	YOGA 10.30 PILATES 2	YOGA 11.00 YOGA 18.30 YOGA 19.45	10.00 TAI CHI 1830 YOGA	YOGA 18.30 YOGA 19.45		MINDFUL YOGA DEEP RELAXATION 10.00	
	2	3	4	5	6	7	8
1	YOGA 10.30 PILATES 3	YOGA 11.00 YOGA 18.30 YOGA 19.45	10.00 TAI CHI 1830 YOGA	YOGA 18.30 YOGA 19.45			
	9	10	11	12	13	14	15
2	PILATES 4	STUDIO CLOSED	1000 TAI CHI	YOGA 18.30 YOGA 19.45	SUMMER RETREAT LAUNDE ABBEY	SUMMER RETREAT LAUNDE ABBEY	SUMMER RETREAT LAUNDE ABBEY
	16	17	18	19	20	21	22
2	YOGA 10.30 PILATES 5	YOGA 11.00 YOGA 18.30 YOGA 19.45	1830 YOGA	STUDIO CLOSED			
	23	24	25	26	27	28	29
3	YOGA 10.30 PILATES 6	YOGA 11.00 YOGA 18.30 YOGA 19.45	1830 YOGA	YOGA 18.30 YOGA 19.45			
	30	31	1	2	3	4	5
4	YOGA 10.30	YOGA 11.00 YOGA 18.30 YOGA 19.45	1830 YOGA	YOGA 18.30 YOGA 19.45		YOGA SOUND THERAPY 10.00	