

June 2018

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22	28	29	30	31	1	2	3
	TRAINING BANK HOLIDAY	TRAINING	TRAINING TAI CHI 10:00	TRAINING	TRAINING	RESTORATIVE YOGA 10:00	
23	4	5	6	7	8	9	10
	WEEK 4 YOGA 10:30 PILATES 5	YOGA 11:00 YOGA 18:30 YOGA 19:45	TAI CHI 10:00 YOGA 18:30	YOGA 18:30 YOGA 19:45			
24	11	12	13	14	15	16	17
	WEEK 5 YOGA 10:30	YOGA 11:00 YOGA 18:30 YOGA 19:45	TAI CHI 10:00 YOGA 18:30	YOGA 18:30 YOGA 19:45			
25	18	19	20	21	22	23	24
	WEEK 6 YOGA 10:30 PILATES 1	YOGA 11:00 YOGA 18:30 YOGA 19:45	TAI CHI 10:00 YOGA 18:30	YOGA 18:30 YOGA 19:45			YOGA FESTIVAL ULVERSCROFT MANOR
26	25	26	27	28	29	30	1
	WEEK 7 YOGA 10:30 PILATES 2	YOGA 11:00 YOGA 18:30 YOGA 19:45	TAI CHI 10:00 YOGA 18:30	YOGA 18:30 YOGA 19:45			