

May 2018

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