

# September 2018

| Wk | Monday  | Tuesday                                | Wednesday                      | Thursday                                  | Friday                               | Saturday | Sunday |
|----|---|--|--------------------------------|---|--------------------------------------|----------|--------|
| 00 | 27  | 28                                     | 29                             | 30  | 31                                   | 1        | 2      |
|    | STUDIO CLOSED   | STUDIO CLOSED                          | STUDIO CLOSED                  | STUDIO CLOSED                             | STUDIO CLOSED                        |          |        |
| 01 | 3   | 4                                      | 5                              | 6   | 7                                    | 8        | 9      |
|    | YOGA 10.30<br>PILATES 17.30<br>PILATES 18.45<br>PILATES 20.00 | YOGA 11.30<br>YOGA 18.30<br>YOGA 19.45 | ENERGY 18.30                   | YOGA 18.30<br>YOGA 19.45                  |                                      |          |        |
| 02 | 10  | 11                                     | 12                             | 13  | 14                                   | 15       | 16     |
|    | YOGA 10.30<br>PILATES 17.30<br>PILATES 18.45<br>PILATES 20.00 | YOGA 11.30<br>YOGA 18.30<br>YOGA 19.45 | ENERGY 18.30                   | YOGA 18.30<br>YOGA 19.45                  |                                      |          |        |
| 03 | 17  | 18                                     | 19                             | 20  | 21                                   | 22       | 23     |
|    | YOGA 10.30<br>PILATES 17.30<br>PILATES 18.45<br>PILATES 20.00 | YOGA 11.30<br>YOGA 18.30<br>YOGA 19.45 | T'AI CHI 10.00<br>ENERGY 18.30 | YOGA 18.30<br>YOGA 19.45                  | AUTUMN<br>WELLBEING<br>EVENING 19.00 |          |        |
| 04 | 24  | 25                                     | 26                             | 27  | 28                                   | 29       | 30     |
|    | YOGA 10.30<br>PILATES 17.30<br>PILATES 18.45<br>PILATES 20.00 | YOGA 11.30<br>YOGA 18.30<br>YOGA 19.45 | T'AI CHI 10.00<br>ENERGY 18.30 | PILATES 09.45<br>YOGA 18.30<br>YOGA 19.45 |                                      |          |        |