



WEEKLY TIMETABLE

MONDAY 6.50am Daybreaker

TUESDAY 6.50am Yoga-lates

WEDNESDAY 6.50am Daybreaker 6.00pm Balance

THURSDAY 6.50am Yoga-lates

FRIDAY 6.50am Daybreaker

SATURDAY 8.00am Yin

SUNDAY 8.30am Sun Salutations 8.45am Balance

YOGA WITH MARIE