

TIMETABLE

4th January – 25th February 2012

MONDAY	TIME	LEVEL	AVAILABILITY
Sheila	11:00 – 12:30	Level 1/ General	Pre-Book/Drop in
Sheila	18:00 -19:25	Yin Yoga	Pre-Book/Drop in
Sheila	19:35 – 21:00	Absolute Beginners 7 week Course	Pre-Book Only

TUESDAY	TIME	LEVEL	AVAILABILITY
Sheila	18:00 – 19:25	Level 1/ General	Pre-Book/Drop in
Sheila	19:35 21:00	Yoga for Toning & Weight Loss	Pre-Book/Drop in

WEDNESDAY	TIME	LEVEL	AVAILABILITY
Sheila	18:00-19:25	Level 2/ General	Pre-Book/Drop in
Sheila	19:35 – 21:00	Yin Yoga	Pre-Book/Drop in

THURSDAY	TIME	LEVEL	AVAILABILITY

FRIDAY	TIME	LEVEL	AVAILABILITY

SATURDAY	TIME	LEVEL	AVAILABILITY
Sheila	11:00- 12:30	Level 1/ General	Pre-Book/Drop in

SWAPPING CLASSES

Please be aware, this is by arrangement only and ‘swaps’ must be taken **in the same week** as booked class. Thank you for your co-operation.