



yoga

Summer Yoga Timetable - from 6 Jan

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	Self-practice (Early Start Option) 5:45am - 9:00am KRISTA/ LYNDA/ LUCINDA		Your Pace 5:45am - 7:45am ANDREW		Your Pace (Free Chai) 7:00am - 9:00am ANDREW / AMAYA	
		Yoga Study (10 weeks from 5 Feb) 9:30am - 11:30am ANDREW			General Led (Free Chai) 9:30am - 11:00am HELEN/ AMAYA	Monthly Workshop 9:00am - 12:00pm
		Lunchtime Led 12:10pm - 12:50pm ANDREW/ AMAYA				
Yoga for Climbers 6:00pm - 7:00pm HELEN	General Led 5:45pm - 7:15pm KRISTA			Rest & Restore 5:30pm - 7:00pm AMAYA		
	Beginners (6 weeks from 18 Feb) 7:30pm - 8:45pm ANDREW		Yoga for Climbers 7:15pm - 8:45pm HELEN			

The Yoga Room is available for Self Practice within the allocated morning slots and whenever the room is not used for a class or booked for private hire.

Self Practice is included in any Uprising membership otherwise it will just be \$10 at reception