

Take a New Path

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
W/C 27 September	7.45 - 8.30 Morning Movement with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	18.00 - 19.00 Wind down Yoga with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength with Evelyn		10.00 - 11.00 Yoga with Emma
W/C 4 October		7.45 - 8.15 Morning Yoga with Olivia	18.00 - 19.00 Wind down Yoga with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength with Evelyn		10.00 - 11.00 Yoga with Jenny
W/C 11 October	7.45 - 8.30 Morning Movement with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	18.00 - 19.00 Wind down Yoga with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength with Evelyn		10.00 - 11.00 Energising Yoga with Emma
W/C 18 October	7.45 - 8.30 Morning Movement with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	18.00 - 19.00 Wind down Yoga with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength with Evelyn	9.30 - 11.00 Hip Opening Arm Balance Workshop with Olivia	10.00 - 11.00 Energising Yoga with Emma
W/C 25 October	7.45 - 8.30 Morning Movement with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	18.00 - 19.00 Wind down Yoga with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength with Evelyn		10.00-11.30 Virtual Retreat

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