

CHRISTMAS TIMETABLE

22/12/25- 28/12/25

MONDAY 22/12/25	TUESDAY 23/12/25	WEDNESDAY 24/12/25	THURSDAY 25/12/25	FRIDAY 26/12/25	SATURDAY 27/12/25	SUNDAY 28/12/25
AM 9.15– 10.15 Gentile Yoga	AM 9.15- 10.15 Slow Flow	CLOSED	CLOSED	CLOSED	AM 7.30am - 8.30 Dymamic Flow	AM 8.30-9.30 Hatha
PM 6.30 – 7.30 YIN	PM 5.45 - 6.45 Spinal Flow					
	7.00 -8.00 Meditation					

CHRISTMAS TIMETABLE

29/12/25 - 04/01/26

MONDAY 29/12/25	TUESDAY 30/12/25	WEDNESDAY 31/01/25	THURSDAY 01/01/26	FRIDAY 02/01/26	SATURDAY 03/01/26	SUNDAY 4/01/26
9.00-10.00 Gentile Yoga	9.00-10.00 Slow Flow	CLOSED	10.00 - 12.00 News Year Day Special Event YIN Journaling Sound Verena	8.30-9.30 Vinyasa	7.30 - 8.30 Slow Flow	8.30-9.30 Hatha

