

December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:15p Community (\$8) (Becky)	2 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
3 10:45a Vinyasa 2 (75 mins) Eric 4:30p Yin & Restorative (75 mins) Becky	4 9:30a Pilates Sculpt (Aneesa) 10:45a Vinyasa 1-2 (75mins) Becky 6:15p Vinyasa 2 (75mins) Becky 7:45p Hatha Flow 1 (Becky)	5 10:45a Flow & Core (75 mins) Jaye 12:15p Hatha Fundamentals (Jaye) 6:15p Vinyasa 1 (Nicole) 7:45p Yin @ Restorative (75 mins) Nicole	6 10:45a Vinyasa 1 (75mins) Jaye 12:15p Hatha Flow 1-2 (75mins) (Jaye) 6:15p Hatha Flow 1 (Yana) 7:45p Flow & Core (Yana)	7 9:30a Hatha Flow 1 (Sandra) 10:45a Yin Yoga (75mins) Sandra 6:15p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	8 10:45a Hatha Flow 1-2 (75mins) Yana 12:15p Flow & Core (Yana) 6:15p Community (\$8) (Becky)	9 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
10 10:45a Vinyasa 2 (75 mins) Eric 4:30p Yin & Restorative (75 mins) Yana	11 9:30a Pilates Sculpt (Aneesa) 10:45a Vinyasa 1-2 (75mins) Becky 6:15p Vinyasa 2 (75mins) Becky 7:45p Hatha Flow 1 (Becky)	12 10:45a Flow & Core (75 mins) Jaye 12:15p Hatha Fundamentals (Jaye) 6:15p Vinyasa 1 (Nicole) 7:45p Yin @ Restorative (75 mins) Nicole	13 10:45a Vinyasa 1 (75mins) Jaye 12:15p Hatha Flow 1-2 (75mins) (Jaye) 6:15p Hatha Flow 1 (Yana) 7:45p Flow & Core (Yana)	14 9:30a Hatha Flow 1 (Sandra) 10:45a Yin Yoga (75mins) Sandra 6:15p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	15 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:15p Community (\$8) (Becky)	16 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
17 10:45a Vinyasa 2 (75 mins) Eric 4:30p Yin & Restorative (75 mins) Becky	18 9:30a Pilates Sculpt (Aneesa) 10:45a Vinyasa 1-2 (75mins) Becky 6:15p Vinyasa 2 (75mins) Becky 7:45p Hatha Flow 1 (Becky)	19 10:45a Flow & Core (75 mins) Jaye 12:15p Hatha Fundamentals (Jaye) 6:15p Vinyasa 1 (Nicole) 7:45p Yin @ Restorative (75 mins) Nicole	20 10:45a Vinyasa 1 (75mins) Jaye 12:15p Hatha Flow 1-2 (75mins) (Jaye) 6:15p Hatha Flow 1 (Becky) 7:45p Flow & Core (Becky)	21 9:30a Hatha Flow 1 (Sandra) 10:45a Yin Yoga (75mins) Sandra 6:15p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	22 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:15p Community (\$8) (Becky)	23 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
24 CHRISTMAS WEEKEND	25 CHRISTMAS DAY	26 BOXING DAY	27 10:45a Vinyasa 1 (75mins) Jaye 12:15p Hatha Flow 1-2 (75mins) (Jaye) 6:15p Hatha Flow 1 (Yana) 7:45p Flow & Core (Yana)	28 9:30a Hatha Flow 1 (Sandra) 10:45a Yin Yoga (75mins) Sandra 6:15p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	29 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:15p Community (\$8) (Becky)	30 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
31 NEW YEAR EVE	Notes:					