

Day	A.M Class	P.M Class
Monday	Sweet and Sour with Phil Kayumba (9.30-10.30am)	Yin-with Zing with Nigel Purdy (6.15-7.15pm)
Tuesday	Sweat and Shine with Jaymala Sharma (9.30-10.30am)	Yin-is-in with Jaymala Sharma (6.15-7.15pm)
Wednesday	Hatha Yoga with Catherine Birtchnell (9.30-10.30am)	Flow and Align with Samantha Sepulveda (6.15-7.15pm)
Thursday	Sweet and Sour with Lucy Ludmila Liga (9.30-10.30am)	Sweat and Shine with Jaymala Sharma (6.15-7.15pm)
Friday	Yin-is-in with Jaymala Sharma (9.30-10.30am)	Sweat and Shine with Janelle Kingsley (6.15-7.15pm)
Saturday	The Complete Package with Jaymala Sharma (8.00-9.15am)	Relax
Sunday	Yin-with Zing with Samantha Sepulveda (9.00-10.00am)	Relax