



|           | 7.00AM                  |  |  |  | 6.00PM | 6.30PM                 | 7.30PM            |
|-----------|-------------------------|--|--|--|--------|------------------------|-------------------|
| MONDAY    |                         |  |  |  |        | HATHA<br>YOGA<br>YUKI  |                   |
| TUESDAY   | HATHA<br>YOGA<br>RACHEL |  |  |  |        |                        | SHAPE<br>DANIELLE |
| WEDNESDAY |                         |  |  |  |        |                        |                   |
| THURSDAY  |                         |  |  |  |        | HATHA<br>YOGA<br>JASON |                   |
| FRIDAY    |                         |  |  |  |        |                        |                   |
| SATURDAY  |                         |  |  |  |        |                        |                   |
| SUNDAY    |                         |  |  |  |        |                        |                   |