

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	AM	AM	AM	AM	AM	AM
			6:45am  Lisa W Early Bird Yoga			9:30am  NOT RUNNING
10am  Lisa Hot Calorie Burn Yogalates	10am  Rebecca Hot Energising Yoga	10:45am  Lisa W Hot Yoga Flow	10am  Lisa Hot Core Yoga	10am  Lisa B Warm Restorative Yoga	10am  Lisa W Hot Yoga Flow	
PM	PM	PM	PM	PM	PM	PM
6:30pm  Francine Hot Power Yoga	6pm  Teen Yoga (restarts in sept)	6pm  Kids Yoga Nicky				
8pm  Francine Hot Core & Abs	7:15pm  Rebecca Warm Gentle Flow	7pm  Lisa Hot Yoga Flow	8pm  Sarah Warm Gentle Flow			

## Life Balance Studio Time Table w/c 17<sup>th</sup> July