

Yoga Om schedule September 1st- 15th 2010



	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
9:30 AM		Yoga flow With : Charity		Hatha Yoga With : Aparajita	Hatha Yoga With : Inka	Asthanga Fusion (Starts on September 9)
10:00AM			Mat Pilates With: Georgina			
11:30 AM						
12:00 PM						
12.15-1.00 PM						
1.00-1.45PM						
3.00PM						
4.00PM		Karate (4yrs-6yrs)			Kids Yoga With : Aparajita	Karate (4yrs-6yrs)
5:00 PM	Mat Pilates With: Georgina	Karate (6yrs +)	*Hatha Yoga With : Andrea	Mat Pilates With: Georgina	Hatha Yoga With : Aparajita	Karate (6yrs +)
6:00 PM						
7:30 PM						

* I have changed the timings to 5pm

