

AUGUST

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4	5	6 10am Hatha Yoga with Gill	7	9
10	11	12 9:45am Gentle Yoga with Colette 11 am Meditation with Colette	13 10am Hatha Yoga with Gill 7:30pm Yin Yoga with Dora	14 9:15am Beginners Yoga with Dora 10:30am Meditation with Dora	15 9:30am Flow Yoga with Dora 11am Yin Yoga with Dora
17	18 9:30am Gentle Yoga with Dora 7:30pm Yin Yoga with Dora	19 9:45am Gentle Yoga with Colette 11 am Meditation with Colette 6:15pm Beginners Yoga with Dora 7:30pm Gentle Yoga with Dora	20 10am Hatha Yoga with Gill 7:30pm Yin Yoga with Dora	21 9:15am Beginners Yoga with Dora 10:30am Meditation with Dora	22 9:30am Flow Yoga with Dora 11am Yin Yoga with Dora
24 10am Mindful Movement & Breathwork 11:15am Meditation 12pm Yogic Sleep	25 9:30am Gentle Yoga with Dora 7:30pm Yin Yoga with Dora	26 9:45am Gentle Yoga with Colette 11 am Meditation with Colette 6:15pm Beginners Yoga with Dora 7:30pm Gentle Yoga with Dora	27 10am Hatha Yoga with Gill 7:30pm Yin Yoga with Dora	28 9:15am Beginners Yoga with Dora 10:30am Meditation with Dora	29 9:30am Flow Yoga with Dora 11am Yin Yoga with Dora
31	1 9:30am Gentle Yoga with Dora 7:30pm Yin Yoga with Dora	2 9:45am Gentle Yoga with Dora 11 am Meditation with Dora 6:15pm Beginners Yoga with Dora 7:30pm Gentle Yoga with Dora	3 10am Hatha Yoga with Gill 7:30pm Yin Yoga with Dora	4 9:15am Beginners Yoga with Dora 10:30am Meditation with Dora	5 9:30am Flow Yoga with Dora 11am Yin Yoga with Dora