

GROUP EXERCISE TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM					Yoga		
6:00 PM		Yoga		Yoga			

Yoga is a form of exercise that combines breathtaking techniques, slow movements and stretching. It is great for increasing flexibility and balance. It also helps to relax, improve control of mind and enhance well being.

Classes are subject to change without prior notice.