

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am							
7:00 am	Wake up and Flow		Yoga Vinyasa				
7:30 am		Sunrise Flow		Yoga Vinyasa			
8:00 am							
8:30 am							
9:00 am						Restore and Flow	
9:30 am	Yoga Vinyasa		Yoga Vinyasa		Sound and Yoga		
10:00 am							Slow Flow
10:30 am						Yoga Vinyasa	
11:00 am							
11:30 am							
12:00 pm				Power Flow			
12:30 pm	Sound and Yoga	Power Flow			Vinyasa Flow		
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							Dog Yoga
4:30 pm							
5:00 pm							
5:30 pm		Yoga Vinyasa	Vinyasa Yoga	Slow Flow	Sound Healing		
6:00 pm	Relax and Restore						
6:30 pm							
7:00 pm		Yoga Nidra	Sound Healing	Relax and Restore			
7:30 pm							
8:00 pm							
8:30 pm							

- with Kaya
- with Sophie
- with Caroline
- with Lilly
- with Anna
- with Luisa

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## COMPLETE

*Timetable*

GET BOOKED IN:

Call Caroline 07881 383524  
Email [caroline@lifefit.me](mailto:caroline@lifefit.me)