



YOGA
territory

DECEMBER 2021

SUNDAY 19TH DECEMBER

- 8:30AM FLOW
- 3:30PM YIN FLOW

MONDAY 20TH DECEMBER

- 12:05PM EXPRESS FLOW
- 5:30PM FLOW

TUESDAY 21ST DECEMBER

- 6:30AM FLOW
- 5:30PM YIN

WEDNESDAY 22ND DECEMBER

- 12:05PM EXPRESS SLOW FLOW
- 5:30PM FLOW

THURSDAY 23RD DECEMBER

- 6:30AM FLOW
- 5:30PM YIN

FRIDAY 24TH DECEMBER

- 9:00AM FLOW

SUNDAY 26TH DECEMBER

- 10:00AM BOXING DAY RELAX & RESTORE

WEDNESDAY 29TH DECEMBER

- 9:00AM FLOW
- 5:30PM YIN

THURSDAY 30TH DECEMBER

- 9:00AM YIN
- 5:30PM FLOW

FRIDAY 31ST DECEMBER

- 9:00AM FLOW

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 FLOW 8:30AM YIN FLOW 3:30PM	20 EXP FLOW 12:05PM FLOW 5:30PM	21 FLOW 6:30AM YIN 5:30PM	22 EXP SLOW FLOW 12:05PM FLOW 5:30PM	23 FLOW 6:30AM YIN 5:30PM	24 FLOW 9:00AM	25 CHRISTMAS DAY
26 BOXING DAY RELAX & RESTORE 10:00AM-12:00PM	27 CHRISTMAS DAY PUBLIC HOLIDAY	28 BOXING DAY PUBLIC HOLIDAY	29 FLOW 9:00AM YIN 5:30PM	30 YIN 9:00AM FLOW 5:30PM	31 FLOW 9:00AM	



YOGA
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JANUARY 2022

SATURDAY 1ST JANUARY

- 2:00PM NEW YEARS DAY CONNECT & REFLECT

SUNDAY 2ND JANUARY

- 9:00AM FLOW
- 3:30PM YIN FLOW

MONDAY 3RD JANUARY

- 9:00AM FLOW
- 5:30PM FLOW

TUESDAY 4TH JANUARY

- 9:00AM FLOW
- 5:30PM YIN

WEDNESDAY 5TH JANUARY

- 9:00AM FLOW
- 5:30PM FLOW

THURSDAY 6TH JANUARY

- 9:00AM FLOW
- 5:30PM YIN

FRIDAY 7TH JANUARY

- 9:00AM FLOW
- 5:30PM FLOW

SATURDAY 8TH JANUARY

- 8:30AM FLOW
- 10:00AM YIN

SUNDAY 9TH JANUARY

- 8:30AM FLOW
- 10:00AM YIN

SUN	MON	TUE	WED	THU	FRI	SAT
						¹ NEW YEARS DAY CONNECT & REFLECT 2:00PM-4:00PM
2 FLOW 9:00AM YIN FLOW 3:30PM	3 FLOW 9:00AM FLOW 5:30PM	4 FLOW 9:00AM YIN 5:30PM	5 FLOW 9:00AM FLOW 5:30PM	6 FLOW 9:00AM YIN 5:30PM	7 FLOW 9:00AM FLOW 5:30PM	8 FLOW 8:30AM YIN 10:00AM
9 FLOW 8:30AM YIN 10:00AM	10 FULL TIMETABLE RECOMMENCES	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



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9 FLOW 8:30AM YIN 10:00AM	10 FULL TIMETABLE RECOMMENCES	11	12	13	14	15