

## Reduced Timetable Summer 2018

Monday 23<sup>rd</sup> July to Friday 31<sup>st</sup> August

While some teachers take a well-earned break over the school holiday period, Yogawest is running a reduced timetable as follows. As always, do check the online timetable in case of any last minute adjustments. Beginners are welcome to General classes. All classes are drop-in and Yogacards are accepted.

			NOTES
<b>Monday</b>	10.00–11.30	General	
	18.00–19.30	Intermediate	<i>NB no class on 27/8</i>
	19.45–21.15	General	
<b>Tuesday</b>	7.00–8.00	Early Morning	<i>Drop-in class, Yogacards accepted</i>
	9.30–11.00	General	
	18.15–19.45	General	
	20.00–21.30	Intermediate	
<b>Wednesday</b>	10.00–11.30	General	
	18.30–19.45	General	
<b>Thursday</b>	10.00–12.00	Intermediate	<i>Open to all: men welcome!</i>
	18.15–19.30	Beginners	
	18.45–20.15	General	
<b>Friday</b>	9.30–11.00	Beginners	
	10.00–12.00	Experienced	
	12.15–13.45	General	
	18.00–19.30	Restorative	
<b>Saturday</b>	9.15–10.45	Intermediate	
	11.00–12.30	General	
<b>Sunday</b>	10–11.30	General	
	11.45–13.15	Intermediate	<i>NB no class on 26/8</i>
	18.00–19.30	General	

Full timetable resumes Saturday 1<sup>st</sup> September.