



Yogawest Christmas Timetable 2018

The reduced timetable runs from 17th December to 2nd January

Check online timetable for up to date daily details

DECEMBER

MON 17	10.00–11.30	General	Janet
	18.15–19.45	General	Zoë H
TUES 18	9.30–11.00	General	Katy
	18.15–19.45	General	Jacob
	19.15–20.30	Beginners	Annemarie
WED 19	10.00–11.30	General	Zoë H
	18.30–20.00	Beginners/General	Naomi
THUR 20	10.00–12.00	Intermediate – all welcome incl. men!	Lizzie
	18.45–20.15	General	Lizzie
FRI 21	10.00–12.00	Experienced	Edgar
	12.15–13.45	General	Edgar
	18.00–19.30	Restorative	Lizzie
SAT 22	09.15–10.45	Intermediate	Annemarie
	11.00–12.30	General	Sue
SUN 23	10.00–11.30	General	Sam
MON 24	10.00–11.30	General	Janet
TUES 25	Christmas Day	C L O S E D	
WED 26	Boxing Day	C L O S E D	
THUR 27	10.00–12.00	Intermediate – all welcome incl. men!	Lizzie
	18.45–20.15	General	Lizzie
FRI 28	08.30–09.30	Pranayama	Edgar
	10.00–12.00	Experienced	Edgar
	12.15–13.45	General	Edgar
	18.00–19.30	Restorative	Lizzie
SAT 29	09.15–10.45	Intermediate	Naomi
	11.00–12.30	General	Naomi
SUN 30	10.00–11.30	General	Sam
MON 31	10.00–11.30	General	Janet
JANUARY			
TUES 1	New Years Day	C L O S E D	
WED 2	10.00–11.30	General	Zoë H
	18.30–20.00	Beginners/General	Naomi

General class note: All levels of students, including beginners, are welcome and encouraged to come to General classes

The updated Yogawest timetable starts on **Thursday 3rd January 2019**
(Check course and termtime start dates online as they may differ)

Happy Christmas and a Healthy New Year to all!

