

	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR
6.00-6.30	Asana	Asana	Asana	Asana	Asana			Asana	Asana	Asana	Asana
6.30 - 7.00											
7.00-7.30							Group				
7.30-8.00						Developing	Practice				
8.00-8.30	Pranayama	Pranayama	Pranayama	Pranayama	Pranayama	class		Pranayama	Pranayama	Pranayama	Pranayama
8.30-9.00											
9.00-9.30											
9.30-10.00				Observe							Observe
10.00-10.30				Remedial			Group				Remedial
10.30-11.00				class	Group	practice	Group	Theory	Group	Syllabus	class
11.00-11.30					Session 2		Session 4	Session 2	Session 3	Practice	
11.30-12.00											
12.00-12.30											
12.30-1.00											
1.00-1.30											
1.30-2.00											
2.00-2.30											
2.30-3.00											
3.00-3.30											
3.30-4.00											
4.00-4.30			Observe				Open			Observe	
4.30-5.00	Pranayama		Children class			Pranayama	class	Pranayama		Children class	
5.00-5.30											
5.30-6.00					Pranayama						Foundation
6.00-6.30	Developing	Established	Pranayama			Session 3			Established	Pranayama	class
6.30-7.00	class	Class	class			Talk			Class	Class	
7.00-7.30				Established	Asana						
7.30-8.00			Established	class				Foundation		Established	
8.00-8.30			class					Class		Class	
8.30-9.00											
9.00-9.30											