Time	MON	TUES	WED	THUR	FRI	SAT	SUN
5.00am - 5.45am	Satsang	Satsang	Satsang	Satsang	Satsang	Satsang	Satsang
6.00am - 7.30am	Open Class	Open Class	Open Class	Open Class	Open Class	Open Class	Open Class 6.00 - 8.00
6.00am - 7.30am	Beginners		Beginners		Beginners		
9.00am - 11.00am	Weight Loss	Weight Loss	Weight Loss	Weight Loss	Weight Loss		
9.30am - 11.00am	Ladies Class	Ladies Class	Ladies Class	Ladies Class	Ladies Class	Open Class	Open Class
11am - 12.00 pm							Workshop
4.30pm - 5.30pm	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gita Chanting	
6.30pm - 8.00pm	Open Class	Open Class	Open Class	Open Class	Open Class		
6.30pm - 8.00pm	Beginners Class		Beginners Class		Beginners Class		
6.00pm - 7.30pm							Satsang