

# CHRISTMAS SCHEDULE

MONDAY 24 DEC - FRIDAY 4 JAN

	6.00am	9:30 - 11AM		6 - 7:15PM	7:30 - 9pm
MON 24 DEC	REST DAY / HOLIDAY				
TUES 25 DEC	REST DAY / HOLIDAY				
WED 26 DEC	REST DAY / HOLIDAY				
THURS 27 DEC	Mysore Self Practice	Vinyasa		Yin	
FRI 28 DEC	Mysore Self Practice	Vinyasa			
SAT 29 DEC		Yin Yang			
MON 31 DEC	REST DAY / HOLIDAY				
TUES 1 JAN	MEDITATION AND INTENTION SETTING - 10:30 - 11AM				
WED 2 JAN	Mysore Self Practice	Yin Restore			
THURS 3 JAN	Mysore Self Practice	Ashtanga		Vinyasa	Yin
FRI 4 JAN	BACK TO FULL SCHEDULE				