

MONDAY**10:00 am**
Progressing
(L 1)**5:30 pm**
Beginners**7:00 pm**
Restorative
(L 1 +)**TUESDAY****5:30 pm**
Progressing
(L 1)**7:30 pm**
Beginners**WEDNESDAY****6:00 am**
Intermediate
(L 1.5)**10:00 am**
Progressing
(L 1)**5:30 pm**
Beginners**7:00 pm**
Progressing
(L 1)**THURSDAY****12:00 pm**
Beginners
(Gentle)**6:00 pm**
Intermediate
(L1.5)**FRIDAY****6:00 am ***
Led Practice
Advanced (L 2)**10:00 am**
Beginners* Please contact us
before booking.**SATURDAY****7:00 am ***
Advanced
(L 2)**9:00 am**
Progressing
(L 1)**11:00 am**
Beginners**SUNDAY****5:00 pm**
Progressing
(L 1)**HAMILTON YOGA**
Iyengar yoga school