



## Class Timetable

Day	Class	Time	Venue
Monday	Yoga	5.45pm	St. Aiden's, Crossflatts
	Yoga	6.45pm	St. Aiden's, Crossflatts
Tuesday	Aerial Yoga	6.45pm	Bingley
	Aerial Yoga	7.45pm	Bingley
Wednesday	Brain Body Booster	2.30pm	Cardigan House, Bingley
	Zoom Yoga	7.00pm	Home
Thursday	Metafit starts 22/2	6.15pm	Town Square, Bingley
	Slow Yoga starts 22/2	7.00pm	Cardigan House, Bingley
	Flow Yoga Starts 22/2	7.50pm	Cardigan House, Bingley
Sat	Metafit	8.00am	Myrtle Park Bandstand

