

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PILATES 6am – 7am 7am – 8am		PILATES 6am – 7am 7am – 8am	HATHA YOGA 7-8am	IYENGAR YOGA 9am – 10.30am
HATHA YOGA 8.30am – 9.45am					
PILATES 5:00pm – 6:00pm			PILATES 5pm – 6pm		
IYENGAR YOGA 6:00pm – 7:30pm	KUNDALINI YOGA 6:15pm – 7:25pm	IYENGAR YOGA 6:00pm – 7:30pm	MINDFULNESS MEDITATION COURSES 6pm – 8pm		

* All classes and workshops need to be pre-booked with the relevant instructor. Booking is essential as space is limited.

- **PILATES:** Sue: sue@whitelotus.co.za or 0812702477
- **IYENGAR YOGA:** Roberta: robertajunelombardi@gmail.com
- **MINDFULNESS MEDITATION WORKSHOPS:** Kate: kateleinberger@gmail.com
- **KUNDALINI YOGA :** Lauren: laurenburger@yahoo.com
- **HATHA YOGA :** Lizbe: lizbevos@gmail.com