

Inhale Life Yoga Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am				Michelle Hatha Yoga (75 mins)			
8am						Hatha Yoga Michelle (60 mins)	Sacred Sunday Naomi (90 mins)
9.30am			Pre-natal Course (book online)				
9.45am							Guided Meditation Naomi (30 mins)
6.15pm	Naomi Flow (60 mins)		Michelle Flow (60 mins)	Romina Hatha Yoga (60 mins)			
6.30pm		Rita Hatha Yoga (75 mins)			Naomi Yoga Nidra (30 mins)		
7.15pm					Naomi Yin (75 mins)		
7.30pm	Yoga & Meditation Course (90 mins)		Michelle Hatha Yoga (75 mins)	Mindfulness Meditation (16th May)			