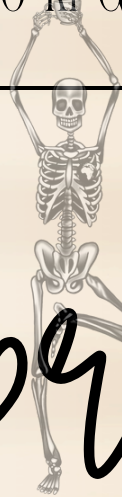


YO ki GA li



# april schedule

## MONDAY

6.30 - 8.00: Ashtanga with Lorna

17.30 - 18.45: Yin with Arvi

19.00 - 20.00: Vinyasa with Quentin

## TUESDAY

6.30 - 7.45: Vinyasa with Emmanuel

17.30 - 18.45: Yin and Yang followed by a  
sound healing with Raheema

## WEDNESDAY

17.30 - 18.45: Yin with Arvi

## THURSDAY

17.30 - 18.30: Hatha with Quentin

## FRIDAY

6.30 - 8.00: Ashtanga with Lorna

17.30 - 18.45: Restorative with Arvi

## SATURDAY

17.15 - 18.15: Vinyasa with Quentin

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**12k per class**

**17 kg 572 st | Kacyiru**

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not all growth  
is visible

