



# MARCH TIMETABLE



## Monday

Legs, Bums & Tums

1830-1900

Claire

Sleeping Yoga

2000- 2030

Sophie

Tea, Chat & Play

1600-1700

Jess

## Tuesday

Step It Up

1730-1800

Caitlin

## Wednesday

Strength & Fitness Fusion

730- 800

Chrystal

## Thursday

Sunrise Yoga

730- 800

Pavlina

**Sunday\*** 7th & 21st Mindfulness Creative Workshop 1000-1100

Katie

**Free** FOR PERTH & KINROSS