

# HOT YOGA



# PLATINUMGYMS

## Timetable - Effective 7th September 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning classes</b>							
10 am	Hot Yoga* [Elaine]	Bikram Yoga* [Majella]	Hot Yoga* [Elaine]	Hot Yoga* [Majella]	Hot Yoga* [Noel]	Hot Yoga* [Noel]	Hot Yoga* [Christine/ Noel]
11.30am	-	-	-	-	-	-	-
<b>Evening classes</b>							
6 pm	Hot Yoga* [Noel]	Hot Yoga* [Christine]	Hot Yoga* [Kate]	-	Hot Yoga* [Niamh]	-	-
7 pm	-	-	-	Hot Yoga* [Kate/Noel]	-	-	-
7.30 pm	Hot Yoga* [Noel]	Hot Yoga* [Christine]	"Yin" Yoga* [Kate]	-	-	-	-

**\*This is a 70 minute class. Please bring a towel, yoga mat and bottled water. Please also arrive 20 minutes before your first class.**

Opening hours: Mon - Thurs 6am - 10pm | Fri 6am - 9pm | Sat 8am - 6pm | Sun 9am - 6pm | Bank Holidays 9am - 4pm  
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