

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.30-8.30am Mysore Lladiu		6.30-8.30am Mysore Lladiu	6.30-8.30am Mysore Lladiu		
	8.30-9.15am Self-practice		8.30-9.15am Self-practice	8.30-9.15am Self-practice	9-11am Mysore*** Team	10-12noon Mysore Team
5.15-7.15pm Mysore Gabi	5.30-8.30pm Mysore Lladiu	5.15-7.15pm Mysore Lladiu	5.30-6pm Q&A,Pranayma Gabi	6-7.30pm Led class Team		
7.15-8.45pm Led class I Gabi		7.15-8.45pm Led class I Lladiu	6-9pm Mysore Gabi			