

Table 1

	Beginners	Level 1	General	Restorative/ Pranayama	Mindfulness Meditation
Monday	Monday 6.00-7.15pm				
Tuesday	Tuesday (Gentle) 9.30-10.45am		Tuesday 6.00-7.30pm		Tuesday 6.30-7.45am
Wednesday		Wednesday 6.00-7.30pm			Wednesday 7-7.20am (free)
Thursday			Thursday 6.00-7.30pm		
Friday	Friday 6.00-7.15pm	Friday 9.30-11.00am			Friday 5.00-5.20pm (free)
Saturday		Saturday 9.30-11.00am		Saturday 7.00-8.15am	
Sunday					Sunday 9.00-9.20am (free)