

# February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29</p> <p>PV Master Class: 1.45-3.45pm</p> <p>Teacher Event 10am-2pm</p> <ul style="list-style-type: none"> <li>8:30 AM PV Express** - Marion</li> <li>10:30 AM Hot Yoga Sampler* - Sandey</li> <li>12:30 PM Pregnancy - Rachel</li> <li>4:30 PM Yin - Theresa</li> <li>6:30 PM Yin Hour *** - Rosie</li> </ul>	<p>30</p> <p>Mantra &amp; Meditation Course 8.15pm</p> <ul style="list-style-type: none"> <li>6:30 AM Hot Express** - Marion</li> <li>9:30 AM PV* - Maria</li> <li>12:00 PM Hot Express** - Lou</li> <li>4:30 PM Hot Sampler* - Sascha P</li> <li>6:30 PM Hot - Theresa</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>6:30 AM Katya private</li> <li>12:00 PM Hot Express** - Claire W</li> <li>4:30 PM Yin Hour** - Claire SC</li> <li>6:30 PM PV* Lou</li> <li>8:00 PM Yin Hour** - Theresa</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>6:30 AM PV Express** - Lara</li> <li>9:30 AM Yin - Claire W</li> <li>12:00 PM PV Express** - Maria</li> <li>4:30 PM Hot Yoga Express** - Rachel</li> <li>6:00 PM Hot Sampler* - Maria</li> <li>8:00 PM Hot Express** - Rachel</li> </ul>	<p>2</p> <p>Mantra &amp; Meditation Course 8:15pm</p> <p>Fiona's Birthday</p> <ul style="list-style-type: none"> <li>6:30 AM Yin Hour ** - Maria</li> <li>10:00 AM Pregnancy - Claire W</li> <li>12:00 PM Hot Express** - Claire W</li> <li>2:00 PM Private - Julie</li> <li>4:30 PM Hot Sampler* - Katya</li> <li>6:30 PM Yin - Jane</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>6:30 AM Hot Express** - Lara</li> <li>9:30 AM Hot Sampler* - Maria</li> <li>12:00 PM Yin Hour** - Claire SC</li> <li>4:30 PM PV Level II** - Christa</li> <li>6:00 PM HHH** - Helen</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>7:30 AM Hot Express** - Marion</li> <li>9:30 AM PV* - Marion</li> <li>4:30 PM Hot - Maria</li> </ul>
<p>5</p> <ul style="list-style-type: none"> <li>8:30 AM PV Express** - Maria</li> <li>10:30 AM Hot Yoga Sampler* - Maria</li> <li>12:30 PM Pregnancy - Angela B</li> <li>4:30 PM Yin - Marion</li> <li>6:30 PM Yin Hour *** - Claire SC</li> </ul>	<p>6</p> <p>WAITANGI DAY</p> <p>Mantra &amp; Meditation Course</p> <ul style="list-style-type: none"> <li>6:30 AM Hot Express** - Lou</li> <li>9:30 AM PV* - Lou</li> <li>12:00 PM Hot Express** - Lou</li> <li>4:30 PM Hot Sampler* - Annie B</li> <li>6:30 PM Hot - Maria</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>12:00 PM Hot Express** - Lou</li> <li>4:30 PM Yin Hour** - Claire SC</li> <li>6:30 PM PV* - Lou</li> <li>8:00 PM Yin Hour** - Claire SC</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>6:30 AM PV Express** - Lou</li> <li>9:30 AM Yin - Kathy</li> <li>12:00 PM PV Express** - Lou</li> <li>4:30 PM Hot Yoga Express** - Rachel</li> <li>6:00 PM Hot Sampler* - Marion</li> <li>8:00 PM Hot Express** - Louise B</li> </ul>	<p>9</p> <p>Mantra &amp; Meditation Course</p> <ul style="list-style-type: none"> <li>6:30 AM Yin Hour ** - Helen</li> <li>10:00 AM Pregnancy - Katya</li> <li>12:00 PM Hot Express** - Lou</li> <li>4:30 PM Hot Sampler* - Kathy</li> <li>6:30 PM Yin - Jane</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>6:30 AM Hot Express** - Lou</li> <li>9:30 AM Hot Sampler* - Lou &amp; Claire</li> <li>12:00 PM Yin Hour** - Claire SC</li> <li>4:30 PM PV Level II** - Kathy</li> <li>6:00 PM HHH** - Lou</li> </ul>	<p>11</p> <p>Lou's Posture Clinic 1-3.30pm</p> <ul style="list-style-type: none"> <li>7:30 AM Hot Express** - Lara</li> <li>9:30 AM PV* - Lou</li> <li>4:30 PM Hot - Kathy</li> </ul>
<p>12</p> <ul style="list-style-type: none"> <li>8:30 AM PV Express** - Katya</li> <li>10:30 AM Hot Yoga Sampler* - Sandey</li> <li>12:30 PM Pregnancy - Katya</li> <li>4:30 PM Yin - Claire SC</li> <li>6:30 PM Yin Hour *** - Kathy</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>6:30 AM Hot Express** - Helen</li> <li>9:30 AM PV* - Kathy</li> <li>12:00 PM Hot Express** - Lou</li> <li>3:30 PM Kids Yoga 7-10yrs</li> <li>4:30 PM Hot Sampler* - Katya</li> <li>6:30 PM Hot - Louise B</li> <li>8:15 PM Beginners Course - Lou</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>12:00 PM Hot Express** - Lou</li> <li>4:30 PM Yin Hour** - Claire SC</li> <li>6:30 PM PV* - Lou</li> <li>8:00 PM Yin Hour** - Zee / Claire SC</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>6:30 AM PV Express** - Lou</li> <li>9:30 AM Yin - Kathy</li> <li>12:00 PM PV Express** - Lou</li> <li>3:30 PM Kids 3-6yrs</li> <li>4:30 PM Hot Yoga Express** - Lou</li> <li>6:00 PM Hot Sampler* - Theresa</li> <li>8:00 PM Hot Express** - Rebekah</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>6:30 AM Yin Hour ** - Kathy</li> <li>10:00 AM Pregnancy - Katya</li> <li>12:00 PM Hot Express** - Lou</li> <li>4:30 PM Hot Sampler* - Lou &amp; Claire</li> <li>6:30 PM Yin - Maria</li> <li>8:15 PM Beginners Course - Lou</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>6:30 AM Hot Express** - Sandey</li> <li>9:30 AM Hot Sampler* - Katya</li> <li>12:00 PM Yin Hour** - Kathy</li> <li>4:30 PM PV Level II** - Kathy</li> <li>6:00 PM HHH** - Zee / Claire W</li> </ul>	<p>18</p> <p>The Yog'art of Tarot - 1-3pm</p> <ul style="list-style-type: none"> <li>7:30 AM Hot Express** - Zee</li> <li>9:30 AM PV* - Maria</li> <li>4:30 PM Hot - Angela</li> </ul>
<p>19</p> <p>Nada Yoga Workshp 2-4pm</p> <ul style="list-style-type: none"> <li>8:30 AM PV Express** - Marion</li> <li>10:30 AM Hot Yoga Sampler* - Claire W</li> <li>12:30 PM Pregnancy - Claire W</li> <li>4:30 PM Yin - Kathy</li> <li>6:30 PM Yin Hour *** - Rebekah</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>6:30 AM Hot Express** - Kathy</li> <li>9:30 AM PV* - Katya</li> <li>12:00 PM Hot Express** - Anne W</li> <li>3:30 PM Kids Yoga 7-10yrs</li> <li>4:30 PM Hot Sampler* - Marion</li> <li>6:30 PM Hot - Theresa</li> <li>8:15 PM Beginners Course - Lou</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>12:00 PM Hot Express** - Katya</li> <li>4:30 PM Yin Hour** - Kathy</li> <li>6:30 PM PV* - Christa</li> <li>8:00 PM Yin Hour** - Angela</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>6:30 AM PV Express** - Christa</li> <li>9:30 AM Yin - Kathy</li> <li>12:00 PM PV Express** - Kathy</li> <li>3:30 PM Kids 3-6yrs</li> <li>4:30 PM Hot Yoga Express** - Claire W</li> <li>6:00 PM Hot Sampler* - Christa</li> <li>8:00 PM Hot Express** - Helen</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>6:30 AM Yin Hour ** - Christa</li> <li>10:00 AM Pregnancy - Christa</li> <li>12:00 PM Hot Express** - Lou</li> <li>4:30 PM Hot Sampler* - Lou &amp; Claire</li> <li>6:30 PM Yin - Annie B</li> <li>8:15 PM Beginners Course - Lou</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>6:30 AM Hot Express** - Lou</li> <li>9:30 AM Hot Sampler* - Kathy</li> <li>12:00 PM Yin Hour** - Claire SC</li> <li>4:30 PM PV Level II** - Kathy/Christa</li> <li>6:00 PM HHH** - Lou</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>7:30 AM Hot Express** - Sandey</li> <li>9:30 AM PV* - Lou</li> <li>4:30 PM Hot - Kathy</li> </ul>
<p>26</p> <p>PV Master Class: 1.45pm-3.45pm</p> <ul style="list-style-type: none"> <li>8:30 AM PV Express** - Christa</li> <li>10:30 AM Hot Yoga Sampler* - Helen</li> <li>12:30 PM Pregnancy - Rachel</li> <li>4:30 PM Yin - Claire SC</li> <li>6:30 PM Yin Hour *** - Lara</li> </ul>	<p>27</p> <p>Mantra &amp; Meditation Course</p> <ul style="list-style-type: none"> <li>6:30 AM Hot Express** - Kathy</li> <li>9:30 AM PV* - Christa</li> <li>12:00 PM Hot Express** - Lou</li> <li>3:30 PM Kids Yoga 7-10yrs</li> <li>4:30 PM Hot Sampler* - Lou &amp; Claire</li> <li>6:30 PM Hot - Lou</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>12:00 PM Hot Express** - Sasha P</li> <li>4:30 PM Yin Hour** - Anne W</li> <li>6:30 PM PV* - Maria</li> <li>8:00 PM Yin Hour** - Claire W</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>6:30 AM PV Express** - Sandey</li> <li>9:30 AM Yin - Kathy</li> <li>12:00 PM PV Express** - Kathy</li> <li>3:30 PM Kids 3-6yrs</li> <li>4:30 PM Hot Yoga Express** - Maria</li> <li>6:00 PM Hot Sampler* - Rachel</li> <li>8:00 PM Hot Express** - Zee</li> </ul>	<p>1</p> <p>Mantra &amp; Meditation Course</p> <ul style="list-style-type: none"> <li>6:30 AM Yin Hour ** -</li> <li>10:00 AM Pregnancy - Katya</li> <li>12:00 PM Hot Express**</li> <li>4:30 PM Hot Sampler* -</li> <li>6:30 PM Yin</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>6:30 AM Hot Express** -</li> <li>9:30 AM Hot Sampler* -</li> <li>12:00 PM Yin Hour**</li> <li>4:30 PM PV Level II** - Kathy/Christa</li> <li>6:00 PM HHH**</li> </ul>	<p>3</p> <p>Yoga for Athletes 12:30-2:30</p> <ul style="list-style-type: none"> <li>7:30 AM Hot Express**</li> <li>9:30 AM PV*</li> <li>4:30 PM Hot</li> </ul>