

CLAY WELLNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.15 - 8.15am		Nerva Yoga		Nerva Yoga		
7.45 - 8.45am	Active Living		Active Living		Active Living	
9.00 - 10.00am		Active Living		Active Living		Active Living (8.45 - 9.45)
10.00 - 11.00am	Nerva Yoga		Nerva Yoga		Nerva Yoga	ANC (10am - 2pm)
10.15 - 11.30am		Bums & Tums		Bums & Tums		
11.30 - 12.30pm	Active Living	ANC Exc (11.45 - 12.45)	Active Living	ANC Exc (11.45 - 12.45)	Active Living	
4:00 - 5:00 pm	Nerva Yoga		Nerva Yoga		Nerva Yoga	
5:00 - 6:00 pm		Kids Yoga	Kids Yoga			
5:45 - 6:45 pm	A.N.C Yoga	Kids Yoga	Kids Yoga		A.N.C Yoga	
7:00 - 8:00pm	Active Living		Active Living		Active Living	

Instructors:

Active Living Aarti Shivlani
Ante-Natal-Care: Sonali Shivlani
Bums & Tums: Anu Kapoor
Kids Yoga: Mini/Jasmeet
Nerva Yoga : Sonal Ahuja

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