

Yoga with Melanie Herbert

Class Timetable - From January 2012

Monday	7pm - 8.15pm	Ashtanga Yoga	Sportspace	Berkhamsted	Does not run bank holidays
Tuesday	10.30am - 11.30am	Hatha Yoga	St Mary's Church Hall	Redbourn	Does not run first Tuesday of every month
Wednesday	9.30am - 10.30am	Ashtanga Yoga	Recreation Centre	Redbourn	
Thursday	11.30am - 12.30pm	Hatha Yoga	Westminster Lodge	St Albans	
	8.15pm - 9.30pm	Ashtanga Yoga	Sportspace	Hemel Hempstead	
Friday	9.30am - 11am	Hatha Yoga	Gosling Sports Park	Welwyn Garden City	
Sunday	10.30am - 12pm	Hatha Yoga	Sportspace	Hemel Hempstead	
	2pm - 3pm	Hatha Flow Yoga	Westminster Lodge	St Albans	

For further details please email or call

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