

TANGLIN STUDIO CLASS SCHEDULE

(JAN 2010)

as of 3rd January 2010, we will be making changes to our schedules.
here's the new schedule:

TANGLIN	MON	TUE	WED	THURS	FRI	SAT	SUN
10:00	HATHA 75mins	HATHA FLOW 75mins <u>CHANGE</u>	PIL 60 mins <u>CHANGE</u>	YIN 90mins	HATHA 75mins	PRE- NATAL 90mins	HATHA 75mins
11:00			PRE- NATAL 90mins <u>NEW</u>				
12:00				POST- NATAL 90mins <u>CHANGE</u>		HATHA 75mins	HATHA FLOW 75mins
1.30						PIL 60 mins	
3:00		*BABY 60 mins				*KIDS 3-6 60 mins	*FAMILY 60 mins
4:30		*KIDS 7-10 60 mins		*BABY 60 mins			
7:00	PRE- NATAL 90mins		PIL 60 mins	PRE- NATAL 90mins <u>NEW</u>	YP 75 mins <u>CHANGE</u>		
7:30		HATHA FLOW (75mins)					
8.00			GENTLE (60mins) <u>NEW</u>				

***BOOKING ONLY**

A prior booking of 48 hrs in advance is required for BABY, KIDS and FAMILY classes.