



	6.30-7.15am	9am-10am	10am-11am	11am-12pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm	6pm-7pm	7pm-8pm	8pm-9pm
Upstairs MONDAY		09.30-10.30am Elgin Yoga Centre Beginners Yoga							5.30pm-7pm Elgin Yoga Centre All Levels Yoga			
Downstairs	Early Circuits	09.30-10.15am Mummy & Me Well-being								BJJ KIDS/TEENS 6.30pm-7.30pm	BJJ Gold Team 7.30pm-9.30pm	
Upstairs TUESDAY		09.30-10.30am Elgin Yoga Centre Beginners Yoga							5.45-6.45pm Kick'n & Box'n		7-8pm Elgin Yoga Centre Beginners Yoga	
Downstairs									TaeKwonDo 5-8yrs old	TaeKwonDo 8-12yrs	TaeKwonDo 12-16yrs	TaeKwonDo Adult
Upstairs WED/DAY		09.30-10.30am Elgin Yoga Centre Beginners Yoga							5.30pm-7pm Elgin Yoga Centre All Levels Yoga			
Downstairs	Early Circuits	09.30-10.15am Mummy & Me Well-being							5.15-6.15pm Circuits	BJJ KIDS / TEENS 6.30pm-7.30pm	BJJ Gold Team 7.30pm-9.30pm	
Upstairs THUR/DAY		09.30-10.30am Elgin Yoga Centre Beginners Yoga							5.30-6.30pm Elgin Yoga Centre 12-16yrs Yoga		7pm-8pm Elgin Yoga Centre Breathing & Meditation	
Downstairs									TaeKwonDo 5-8yrs old	TaeKwonDo 8-12yrs	TaeKwonDo 12-16yrs	TaeKwonDo Adult
Upstairs FRIDAY			9.45-11am Yoga									
Downstairs	Early Circuits	09.30-10.15am Mummy & Me Well-being							TaeKwonDo 5-8yrs old	TaeKwonDo 8-12yrs	TaeKwonDo 12-16yrs	TaeKwoDo Adult
Upstairs SAT/DAY												
Downstairs		BJJ KIDS/TEENS 09.30-10.30	BJJ Gold Team	BJJ Gold Team	TaeKwonDo Colour Belt	TaeKwonDo Patterns	TaeKwonDo Black Belts	TaeKwonDo Sparring				
Upstairs SUNDAY									5-6pm Elgin Yoga Centre Beginners	6.30pm-8pm Elgin Yoga Centre All Levels Yoga		
Downstairs	08.00-08.45am Mummy & Me Well-being											