



DAILY ACTIVITY LIST - JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 09:00 hrs Yoga by Ashok Gohil	08:00 - 09:00 hrs & 09:15 - 10:15 hrs Power Yoga by Trupti	08:00 - 09:00 hrs Yoga by Ashok Gohil	08:00 - 09:00 hrs & 09:15 - 10:15 hrs Power Yoga by Trupti	08:00 - 09:00 hrs Yoga by Ashok Gohil	09:00 - 10:00 hrs Yoga by Ashok Gohil	
09:30 - 10:30 hrs Aerobics by Anita	10:30 - 11:15 hrs Yoga by Ashok Gohil	09:30 - 10:30 hrs Aerobics by Anita	10:30 - 11:15 hrs Yoga by Ashok Gohil	09:30 - 10:30 hrs Aerobics by Anita	10:15 - 11:15 hrs Power Yoga by Trupti	
11:45 - 12:45 hrs Yoga by Ashok Gohil		11:45 - 12:45 hrs Yoga by Ashok Gohil		11:45 - 12:45 hrs Yoga by Ashok Gohil		



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