



MYO & CO

# MAT CLASSES - CURRENT TIMETABLE 2016

\* Classes are subject to change  
\* Please check the website for more information  
\* Send us an email at [info@myoandco.com](mailto:info@myoandco.com)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:00 - 11:00

10:00 - 11:00

10:00 - 11:00  
QIGONG

9:00 - 10:00

6:30 - 7:30

7:30 - 8:30

7:00-8:30  
E-MOTION YOGA