

Adri-Mari Vilonel yoga teaching time table

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6h30					Beautiful Mind		
9h00	iYoga						
9h45			Planet Fitness Bedford View				
10h30						Planet Fitness Platinum	
13h00		ABSA Head Office JHB		ABSA Head Office JHB			
17h00			Planet Fitness Platinum				
18h00	Beautiful Mind						
19h30			Planet Fitness Fourways				