

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00	IOGA 10:00 - 10:50 		IOGA 10:00 - 10:50 			
12:00	IOGA 12:05 - 12:55 		IOGA 12:05 - 12:55 			
19:00	IOGA 19:00 - 19:50 		IOGA 19:00 - 19:50 			