

YOGA IN KAMPALA

DAY	TIME	LOCATION	INSTRUCTOR	CONTACT INFO	NOTES
Monday	8:30-10AM	In Movement, Ggaba Road, KANSANGA	Angela	0773 864711	Vinyasa Flow (all levels)
	9:30-10:45AM	Golf Course Apartments, KOLOLO	Susanne (filling in for JayJay)	langfordjohnson@btopenworld.com	
	5:30-6:45 PM	ARA, MAKINDYE	Joyce	0756 181310	Ashtanga Yoga
	6-7:30PM	In Motion Dance Studio, Forest Mall by Game, NAKAWA	Pablo	0700 685966 (studio office)	Afrikan Yoga
	5:30-6:30 PM	Plot 9 Mackenzie Vale, KOLOLO	Zulekha	0787 421402	Yoga/Tai Chi/Pilates
Tuesday	8:30-9:45AM	Golf Course Apartments, KOLOLO	Joyce	0756 181310	Ashtanga Yoga
	10:30-11:30 AM	Plot 9 Mackenzie Vale, KOLOLO	Zulekha	0787 421402	Yoga/Tai Chi/Pilates
	5-6PM	Plot 9 Mackenzie Vale, KOLOLO	Zulekha	0787 421402	Yoga/Tai Chi/Pilates
	5:45-7PM	Sophie's Garden by KOLOLO airstrip	Joyce	0756 181310	Ashtanga Yoga
	5:45-7:15PM	JayJay's home, KISEMENTI shopping center, above The Crocodile	JayJay	jayjaykla@gmail.com	**classes will resume on Aug 6th
	6-7:30PM	CiDi Training Center for Gardening, MUYENGA	Angela	0773 864711	Vinyasa Flow (all levels)
Wednesday	10:30-11:30 AM	Plot 9 Mackenzie Vale, KOLOLO	Zulekha	0787 421402	Yoga/Tai Chi/Pilates
	6-7:30PM	Acacia Yoga Center, KOLOLO	Angela	0773 864711	Vinyasa Flow (all levels)
	7:30-9PM	In Motion Dance Studio, Forest Mall by Game, NAKAWA	Pablo	0700 685966 (studio office)	Afrikan Yoga
Thursday	8:30-9:45AM	AnnaE's Studio, BUKOTO	Joyce	0756 181310	Ashtanga Yoga
	10:30-11:30AM	Plot 9 Mackenzie Vale, KOLOLO	Zulekha	0787 421402	Yoga/Tai Chi/Pilates
	5:30-6:30PM	Plot 9 Mackenzie Vale, KOLOLO	Zulekha	0787 421402	Yoga/Tai Chi/Pilates
	5:45-7PM	Sophie's Garden by KOLOLO airstrip	Joyce	0756 181310	Ashtanga Yoga
	6-7:30PM	Rachel's House, top of MAKINDYE hill (call for directions)	Angela	0773 864711	Vinyasa Flow (all levels)
Friday	10:30-11:30AM	Plot 9 Mackenzie Vale, KOLOLO	Zulekha	0787 421402	Yoga/Tai Chi/Pilates
Saturday	9-10:30AM	Acacia Yoga Center, KOLOLO	Angela	0773 864711	Vinyasa Flow (all levels)