

CLASSES TIMETABLE

* RUN AS A COURSE – BOOKING REQUIRED

MONDAY	9.30 – 10.30	Beginners Pilates*	Michelle
	10.30 – 11.30	Yoga Fusion Flow	Simone
	13.30 – 14.30	Tai Chi	Angela
	17.15 -18.00	Pre- Natal Yoga *	Donatella
	18.00-19.00	Yoga	Simone
	19.00 – 20.00	Intermediate to advanced Pilates	Michelle
	20.00 – 21.00	Beginners Pilates*	Michelle
TUESDAY	9.30 – 10.30	Hatha flow Yoga	Donatella
	11.00 – 12.00	Beginners/Mixed ability Pilates	Louise
	12.15-12.45	Tinies yoga (18mnths -5 yrs) starts 17 th april	Claire
	16.00 – 16.45	Children’s yoga & mindfulness*	Claire
	17.15 – 18.15	Beginners yoga 6 week course*	Simone
	18.30 – 19.30	Yoga Fusion Flow	Simone
	19.30 – 20.30	Intermediate Pilates	Michelle
WEDNESDAY	10.00 – 11.30	Iyengar Yoga	June
	12.00 - 12.45	Mindful Meditation (see FB for details)	Nicola
	18.00 – 19.00	Beginners / mixed abilities Pilates*	louise
	19.00 – 20.00	Hatha yoga	Claire
	20.00 – 21.30	Kundalini Yoga	Wendy
THURSDAY	9.30 – 10.30	Vinyasa Yoga	Donatella
	10.30-11.25	Pilates	Michelle
	11.30 – 12.15	Baby Massage* (birth +)	Lucy
	12.30-13.15 /13.30-14.15	Baby Yoga*(8wks-18wks) / (18wks+)	Lucy
	17.30 – 18.30	Progressive Pilates	louise
	18.45-20.15	Iyengar yoga	June
FRIDAY	9.30 -10.30	Yoga fusion flow	Simone
	10.30 – 11.30	Beginners yoga	Simone
	1.30 – 2.30	Singing for wellbeing	Jessica
	17.45 – 18.30	Pre – Natal Pilates *	Louise
	6.45- 19.30	Wellbeing: Meditation/ Mindfulness (see FB for details)	Nicola
	19.15-20.45	Monthly Stress Management sessions (see FB for details)	
SATURDAY	9.00 – 10.00	Vinyasa Yoga	Donatella
SUNDAY	10.30 – 12.00	Tai Chi (last Sunday of every month)	Bryan
	18.30 – 19.15-19.45	Yin Yoga/Meditation	Jenny

✿ CHAKRA

Visit our Facebook page for more information
*Six week course – Booking Required