

| 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 |
| | 16.00 – 16.45 | Children’s yoga & mindfulness* (restart sept) | 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 (contact 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 |
| | 17.45 – 18.30 | Pre – Natal Pilates * | Louise |
| | 19.00 -20.30 | Meditation/yoga Nidra (1 st Friday each month) | Claire/claire |
| | 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 |