

	CLASSES TIMETABLE	AUTUMN	* 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
	5.15 – 6.00	Pre natal yoga*	Simone
	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	jen
	11.00-12.00	Physio-led Pilates *	Helen
	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	9.00 – 10.00	Physio-led Pilates *	Helen
	10.00 – 11.30	Iyengar yoga	june
	12.00 - 12.45	Mindful Meditation ( contact for details)	Nicola
	1.00 – 2.00	Physio – led Pilates *	Helen
	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	Beginners Yoga	claire
	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
	18:30 -19.30	Relaxation – verbally guided	Alice
	19.30-21.00	Monthly Stress Management sessions (see FB for details)	
SATURDAY	9.00 – 10.00	Vinyasa Yoga	jenny
SUNDAY	10.30 – 12.00	Tai Chi (last Sunday of every month)	Bryan
	5.00-6.00	Yoga for Sport *	Jenny
	18.30 – 19.15-19.45	Yin Yoga/Meditation	Jenny

✶ CHAKRA

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