

CHAKRA DROP IN CLASSES... ...PTO

DROP IN CLASSES TIMETABLE		AUGUST 2019	
MONDAY	9.30 – 10.30	Beginners Pilates	Michelle
	10.30 – 11.30	Yoga Fusion Flow	Simone
	13.30 – 14.30	Tai Chi	Angela
	18.00-19.00	Yoga	Simone
	19.00 – 20.00	Intermediate Pilates	Michelle
	20.00 – 21.00	Beginners Pilates*	Michelle
TUESDAY	9.30 – 10.30	Hatha flow Yoga	claire
	12.30 – 13.30	Stress Management & Meditation	Marguerita
	18.30 – 19.30	Yoga Fusion Flow	Simone
	19.30 – 20.30	Intermediate Pilates	Michelle
WEDNESDAY	6.30 – 7.30	Good morning Yoga	jo
	10.30 – 11.30	Yoga –all levels	Claire
	18.00 – 19.00	Beginners/Mixed ability Pilates	Louise
	19.00 – 20.00	Hatha yoga	Claire
	20.00 – 21.15	Kundalini Yoga	Wendy
THURSDAY	6.00 – 8.00	Mysore Ashtanga series practise	Susan
	9.30 – 10.30	Gentle Yoga	jo
	10.30-11.25	Pilates	Michelle
	18.45-20.15	Iyengar yoga	June
FRIDAY	9.30 -10.30	Yoga fusion flow	Simone
	10.30 – 11.30	Beginners yoga	Simone
	12.00 – 13.30	Intro to yoga Chikitsa (yoga therapy)	Marguerita
SATURDAY	9.00 – 10.00	Vinyasa Yoga	jenny
SUNDAY	10.30 – 12.00	Tai Chi (last Sunday of every month)	Bryan
	10.00 – 11.30	Yoga breakfast club (one Sunday each month.....see fb)	Claire
	5.00-6.00	Yoga for Sport *	Jenny
	18.30 – 19.45	Yin Yoga/Meditation	Jenny

CHAKRA

COURSES...

... PTO

6** AND 4* WEEK COURSES		AUGUST 2019	BOOKING REQUIRED
MONDAY	9.30 – 10.30	Beginners Pilates**	Michelle
	12 – 13.00	Physio – led Pilates**	Helen
	5.15 – 6.00	Pre natal yoga *	Simone
	20.00 – 21.00	Beginners Pilates **	Michelle
TUESDAY	11.00-12.00	Physio-led Pilates **	Helen
	17.15 – 18.15	Beginners yoga 6 week course **	Simone
WEDNESDAY	9.00 – 10.00	Physio-led Pilates **	Helen
	1.15 – 2.15	Physio – led Pilates **	Helen
	16.00 – 17.00	Mini Mantras yoga 4-11 yr olds **	Charlotte
	18.00 – 19.00	Beginners / mixed abilities Pilates **	louise
THURSDAY	11.30 – 12.15	Baby Massage* (birth +)**	Lucy
	12.30- 13.15	Baby Yoga ...(8wks-18 wks)**	Lucy
	13.30 – 14.15	Baby Yoga...(18 wks+)**	Lucy
FRIDAY	12.00 – 13.30	Intro to yoga Chikitsa (Yoga therapy) **	Marguerita
	18.30 – 20.00	Beginners Ashtanga *	Jo
SATURDAY			
SUNDAY	5.00-6.00	Yoga for Sport **	Jenny