

CHAKRA DROP IN CLASSES... ..PTO

DROP IN CLASSES TIMETABLE		AUTUMN 2020	
MONDAY	9.00 – 10.00	Pilates	Michelle
	10.30 – 11.30	Holistic /gentle Yoga	Sally
	13.30 – 14.30	Tai Chi	Angela
	18.30-19.30	Yoga	Simone
	20.00 – 21.00	Mixed level Pilates*	Michelle
TUESDAY	9.30 – 10.30	Hatha flow Yoga	Jo
	18.30 – 19.30	Yoga Fusion Flow	Simone
	20.00 – 21.00	Intermediate Pilates	Michelle
WEDNESDAY	10.30 – 11.30	Yoga –all levels	Jo
	18.30 – 19.30	yoga	Jo
	20.00 – 21.00	Kundalini Yoga	Wendy
THURSDAY	10.30-11.30	Pilates	Michelle
	18.00 – 19.00	Pilates – All levels	Julie
FRIDAY	9.30 -10.30	Yoga fusion flow	Simone
	11.00 – 12.00	Beginners yoga	Simone
	18.00 -19.00	Relaxing yoga	Laura
SATURDAY	9.00 – 10.00	Vinyasa Yoga	Jenny
SUNDAY	10.30 – 12.00	Tai Chi (last Sunday of every month)	Bryan
	18.30 – 19.45	Yin Yoga/Meditation	Jenny

CHAKRA COURSES... ... PTO

4*, 6**, 5***, 8**** WEEK COURSES		AUTUMN 2020	BOOKING REQUIRED
MONDAY	9.00 – 10.00	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
	1.30 – 2.30	Physio – led Pilates **	Helen
	16.00 – 17.00	Mini Mantras yoga 4-11 yr olds **	Charlotte
THURSDAY	12.00 – 12.45	Baby Massage+ yoga fusion (8 wks+)**	Lucy
	13.30 – 14.15	Advanced Baby Yoga...(18 wks+)**	Lucy
FRIDAY	18.00 -19.00	Relaxing yoga *	Laura
	19.30 -21.00	Chakra dance ****	Helen
SATURDAY			
SUNDAY			
	17.00-18.00	Yoga for Sport ** (starts 27 th sept)	Jenny