

CHAKRA DROP IN CLASSES... ...PTO

DROP IN CLASSES TIMETABLE		OCTOBER/NOVEMBER 2025	
MONDAY	9.30 – 10.30	Beginners /mixed ability Pilates	Michelle
	11.00 – 12.00	Hatha yoga	Jal
	13.30 – 14.30	Tai Chi	Bryan
	18.00-19.00	Yoga	Jenny/Simone
	19.00 – 20.00	Pilates – mixed ability	Robyn
TUESDAY	9.30 – 10.30	Aroma Yoga	Sally
	11.00 – 12.00	Physio- led Pilates	Robyn
	18.30 – 19.30	Yoga Fusion Flow	Holly/Simone
	19.30 – 20.30	Intermediate Pilates	Michelle
WEDNESDAY	10.30 – 11.30	Beginners Tai Chi	Bryan
	11.30 -12.30	Ashtanga yoga Beginners	Holly
	13.30 – 14.30	Therapeutic Strength + mobility class	Robyn
	18.00 – 19.00	Pilates all levels	julie
	19.00 – 20.00	Yoga	Claire
	20.00 – 21.30	Kundalini Yoga	Clarrisha
THURSDAY	9.30 – 10.30	Revive Yoga	Claire
	10.30-11.30	Pilates	Michelle
	17.00 – 18.00	Tapping Circle (Stress/Anxiety Management) 1 st Thursday of the month ..13 th in November	Fran
	18.30-20.00	Iyengar yoga	Silvia
FRIDAY	9.30 -10.30	Yoga fusion flow	Sally/Claire/jal
	10.30 – 11.30	Beginners Yoga	Claire/sally/jal
SATURDAY	9.30 – 10.30	Yoga - Kunda flow – all levels	Julie
SUNDAY	10.30 – 12.00	Chi kung (last Sunday of every month)	Bryan
	10.30 – 12.00	Tai Chi (2 nd Sunday of every month)	Bryan
	18.30 – 19.45	Yin Yoga/Meditation (last Sunday of month)	Jenny

CHAKRA COURSES... ... PTO

6 **, 8 *** & 4 * WEEK COURSES		OCTOBER / NOVEMBER 2025	BOOKING REQUIRED
MONDAY	11.00-12.00	Hatha Yoga **	Jal
	12.00 -12.50	Physio led Pilates**starts 3 rd nov	Rachel
	17.15 – 18.00	Pregnancy/Prenatal yoga *	Jal
	20.00 – 21.00	Beginners Pilates **	Michelle
TUESDAY	11.00 -12.00	Physio-led Pilates **	Robyn
	17.15 – 18.15	Beginners yoga 6 week course **	Holly/Simone
WEDNESDAY	13.30 – 14.30	Therapeutic Strength + mobility class**	Robyn
	16.00 – 16.30	Children's yoga 4-6 yr olds**	Charlotte
	16.30 – 17.30	Childrens yoga 7-11 yr olds **	Charlotte
THURSDAY	12.15 – 13.00	Baby Massage and yoga fusion* (8 wks +) **	Lucy
	13.15- 14.00	Baby Yoga (18 wks +)**	Lucy
FRIDAY	19.30 – 21.30	Sister circle/ Ecstatic Dance Check our facebook page/ or enquire	Sally
SATURDAY			
SUNDAY	17.00 -18.00	Yoga for Sport *	Jenny