

CHAKRA DROP IN CLASSES... ...PTO

DROP IN CLASSES TIMETABLE		MARCH 2026	
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	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	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	Physio – Led Pilates	Robyn
	18.00 – 19.00	Pilates all levels	Julie/Robyn
	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
	18.30-20.00	Iyengar yoga	Silvia
	20.15-9.00	Guided Meditation 1 st +3 rd weeks (booking required)	Bethany
FRIDAY	9.30 -10.30	Yoga fusion flow	Simone
	10.30 – 11.30	Beginners Yoga	Simone
	18.00 – 19.00	Rest + Reset ...Restorative Yoga	Charlotte
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		MARCH 2026	BOOKING REQUIRED
MONDAY	11.00-12.00	Hatha Yoga **	Jal
	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 **	Simone
WEDNESDAY	13.30 - 14.30	Physio - led Pilates **	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
	20.15 - 21.00	Guided meditation 1 st + 3 rd weeks only	Bethany
FRIDAY	19.30 - 21.30	Sister circle/ Ecstatic Dance Check our facebook page/ or enquire	Sally
SATURDAY			
SUNDAY			