

# CHAKRA DROP IN CLASSES... ...PTO

| DROP IN CLASSES TIMETABLE |               | MAY 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  | Jal/magda            |
|                           | 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  | Sally                |
|                           | 19.30 – 20.30 | Intermediate Pilates  | Michelle             |
| WEDNESDAY                 | 10.30 – 11.30 | Beginners Tai Chi   | Bryan                |
|                           | 13.30 – 14.30 | Physio – Led Pilates  | Robyn                |
|                           | 18.00 – 19.00 | Pilates all levels  | Julie/Robyn/Michelle |
|                           | 19.00 – 20.00 | Yoga  | Claire               |
|                           | 20.00 – 21.30 | Kundalini Yoga  | Clarrisha/wendy      |
| 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 <sup>st</sup> +3 <sup>rd</sup> weeks (booking required) | Bethany              |
| FRIDAY                    | 9.30 -10.30   | Yoga fusion flow  | Claire/jal           |
|                           | 10.30 – 11.30 | Beginners Yoga  | Claire/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 <sup>nd</sup> 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 |               | MAY 2026   | BOOKING REQUIRED |
|------------------------------|---------------|--|------------------|
| MONDAY                       | 11.00-12.00   | Hatha 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 **                                      | Sally            |
| 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 +)<br>**                        | Lucy             |
|                              | 13.15- 14.00  | Baby Yoga (18 wks +)**   | Lucy             |
|                              | 20.15 - 21.00 | Guided meditation 1 <sup>st</sup> + 3 <sup>rd</sup> weeks only       | Bethany          |
| FRIDAY                       | 18.00 -19.00  | Pregnancy yoga   | Jal              |
|                              | 19.30 - 21.30 | Sister circle/ Ecstatic Dance<br>Check our facebook page/ or enquire | Sally            |
| SATURDAY                     |               |  |                  |
| SUNDAY                       |               |  |                  |