Chakra drop in classes... ...pto

	drop in classes timetable	November/December 2026	
Monday	9.30 – 10.30	Beginners /mixed ability Pilates	Michelle/ julie
	11.00 – 12.00	Hatha yoga	Jo
	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/julie
Wednesday	10.30 – 11.30	Beginners Tai Chi	Bryan
	12.00 – 13.00	Physio – Led Pilates	Robyn
	18.00 – 19.00	Pilates all levels	Julie
	19.00 – 20.00	Yoga	Claire
	20.00 – 21.30	Shamanic Kundalini Yoga	Clarrisha
Thursday	9.30 – 10.30	Revive Yoga	Claire
	10.30-11.30	Pilates	Michelle/julie
	18.30-20.00	Iyengar yoga	Silvia
	20.15-9.00	Guided Meditation 1st +3rd weeks (booking required)	Bethany
	20.05 – 21.05	Miboso movement class (26th Nov + 10th Dec)	Sally
Friday	9.30 -10.30	Yoga fusion flow	Simone
	10.30 – 11.30	Beginners Yoga	Simone
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 (2nd Sunday of every month)	Bryan
	18.30 – 19.45	Yin Yoga/Meditation (last Sunday of month)	Charlotte

Chakra courses... ... pto

6** ,8*** & 4* week courses		November/December 2026	booking required
Monday	11.00-12.00	Hatha Yoga **	Jo
	20.00 – 21.00	Beginners Pilates ** next course starts 23rd January 2027	Michelle
Tuesday	11.00 -12.00	Physio-led Pilates **	Robyn
	17.15 – 18.15	Beginners and gentle yoga **	Simone
Wednesday	12.00 -13.00	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 1st + 3rd weeks only	Bethany
Friday	18.00 -19.00	Pregnancy yoga	Jal
	19.30 – 21.30	Sister circle/ Ecstatic Dance Check our facebook page/ or enquire	Sally
Saturday			
Sunday			