

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunrise Yoga 6.45am Sarah Jane	Pilates 8am Tom				Rise and Shine Hatha 8am Kim	
Inspired Power Yoga 9.30am Natalie	Morning Vinyasa 9.30am Jayne	Morning Vinyasa 10am Lauren	Fitness Pilates 9.15am Liza	Energising Flow 9.30am Minica	Vinyasa Flow 9.30am Sarah Jane	Get Up and Flow 9.30am Lauren
Pregnancy Yoga 11am Natalie	Chair Yoga 11:30am Nina	Mummy & Baby Yoga 11.30am Lauren	Hatha 10.30am Jayne		Monthly Family Yoga Workshop 11am	
Children's Yoga 5-8 year olds 4:15pm <i>(in term time)</i>						
Children's Yoga 8-11 year olds 5:15pm <i>(in term time)</i>			Teen's Yoga 5.15pm <i>(in term time)</i>	Tai Chi/ Qi Gong 5pm Dave		
Pilates 6.45pm Emma	6.30pm Please check website for new & available courses	Ashtanga Flow 6.45pm Minica	Restorative Yoga 6.45pm. Lauren	Restore and Relax by Candlelight 6.15pm Nina	<b>Choosing the right class for you.....</b> <b>Deva Earth - Level 1 - Relaxing, open level great for beginners</b> <b>Deva Water - Level 1/2 suitable for all levels</b> <b>Deva Fire - Level 2 - Challenging</b> <b>Deva Air - Meditation - open level for everyone</b> Children & Teen classes - all levels welcome	
Vinyasa Flow 8pm Jayne	Hatha Yoga 8pm Yinny	Vinyasa Flow 8pm Kevin	Monthly Sound Bath With Kalie 8.15pm			
			Monthly Mindfulness Drop-In sessions 8pm			