

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunrise Yoga 6.45am Minica	Pilates 8am Tom				Rise & Shine Hatha 8am Kim	
Inspired Power Yoga 9.30am Natalie	Morning Vinyasa 9.30am Jayne	Morning Vinyasa 10am Lauren	Hatha Yoga 10am Jayne	Energising Flow 9.30am Minica	Vinyasa Flow 9.30am Kevin	Get Up and Flow 9.30am Lauren
Pregnancy Yoga 11am Natalie	Chair Yoga 11:30am Nina	Mummy & Baby Yoga 11:30am Lauren	Chair Yoga 11:30am Nina	Pilates 10.45am Liza	Monthly Family Yoga Workshop 11am	Pilates 11am Michele
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 Yoga 5.15pm <i>(in term time)</i>	Tai Chi/ Qi Gong 5pm Dave		
Pilates 6.45pm Emma	6.30pm <i>Please check website for new & available courses</i>	Ashtanga Flow 6.45pm Minica	Restorative Yoga 6.45pm. Lauren	Restorative Yoga with Meditation 6.30pm Nina	Choosing the right class for you..... Deva Earth - Level 1 - Relaxing, open level great for beginners Deva Water - Level 1/2 suitable for all levels Deva Fire - Level 2 - Challenging Deva Air - Meditation - open level for everyone Children & Teen classes - all levels welcome	
Vinyasa Flow 8pm Jayne	Hatha Yoga 8pm Monica	Vinyasa Flow 8pm Kevin	Monthly Sound Bath With Kalie 8.15pm			
			Monthly Mindfulness Drop-In sessions 8pm			