

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sunrise Yoga</b> 6.30am Minica	<b>Pilates</b> 8am Tom					
<b>Inspired Power Yoga</b> 9.30am Natalie	<b>Morning Vinyasa</b> 9.30am Jayne	<b>Morning Vinyasa</b> 10am Lauren	<b>Hatha Yoga</b> 10.am Jayne	<b>Energising Flow</b> 9.30am Minica	<b>Vinyasa Flow</b> 9am Kevin	<b>Get Up and Flow</b> 9.30am Lauren
	<b>Chair Yoga</b> 11:30am Nina	<b>Mummy &amp; Baby Yoga</b> 11.30am Lauren	<b>Chair Yoga</b> 11:30am Nina	<b>Pilates</b> 10.45am Liza	<b>Hatha Yoga</b> 10.30am Kim	<b>Pilates</b> 10.45am Michelle
<b>Children's Yoga</b> 5-8 year olds 4.15pm Jenny (In term time)					<b>Monthly Family Yoga Workshop</b> 12pm	<b>Pregnancy Yoga</b> 12.15pm Lauren
<b>Children's Yoga</b> 5-8 year olds 5.15pm Jenny (In term time)			<b>Teen Yoga</b> 5.15pm Laura (In term time)	<b>Tai Chi/ Qi Gong</b> 5pm Dave		<b>Slow Flow</b> 5pm Monica
<b>Pilates</b> 6.45pm Poppy	6.30pm Please check website for new & available courses	<b>Ashtanga Flow</b> 6.30pm Minica	<b>Restorative Yoga</b> 6.45pm. Lauren	<b>Friday Flow</b> 6.30pm Kevin	<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	
<b>Vinyasa Flow</b> 8pm Jayne	<b>Hatha Yoga</b> 8pm Monica	<b>Vinyasa Flow</b> 8pm Kevin	<b>Monthly Sound Bath With Kalie</b> 8.15pm			
			<b>Monthly Mindfulness Drop-In sessions</b> 8pm			