

Timetable Starting January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunrise Yoga 8am Minica	Pilates 8am Tom		Pilates 8.30am Liza			
Inspired Power Yoga 10am Natalie	Morning Vinyasa 9.30am Jayne	Morning Vinyasa 10am Lauren	Hatha Yoga 10am Jayne	Energising Flow 9.30am Minica	Vinyasa Flow 9am Kevin	Get Up and Flow 9.30am Lauren
	Chair Yoga 11:30am Nina	Mummy & Baby Yoga 11.30am Lauren			Hatha Yoga 10.30am Kim	Pregnancy Yoga 6 week course 11am Lauren
Children's Yoga 5-8 year olds 4.15pm Jenny (In term time)					Monthly Family Yoga Workshop 12pm	Slow Flow 5pm Bella
Children's Yoga 8-11 year olds 5.15pm Jenny (In term time)			Teen Yoga 5.15pm Laura (In term time)			Monthly Yin, Nidra and Sound Workshops (see website for updates and details)
Pilates 6.45pm Poppy	6.30pm Please check website for new & available courses	Ashtanga Flow 6.45pm Minica	Restorative Yoga 6.45pm. Lauren	Tai Chi/ Qi Gong 6pm Dave	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	Vinyasa Flow 8pm Kevin	Kundalini Yoga 8.15pm Monika	Friday Flow 7.15pm Kevin		
				Monthly meditation & mantra community class (see website for updates and details)		