

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunrise Yoga 6.45am <i>Sarah Jane</i>	Pilates 8am <i>Tom</i>				Sivananda Flow 8am <i>Laura Scott</i>	
Inspired Power Yoga 9.30am <i>Natalie</i>	Morning Vinyasa 9.30am <i>Jayne</i>	Morning Vinyasa 10am <i>Lauren</i>	Fitness Pilates 9.15am <i>Liza</i>	Energising Flow 9.30am <i>Minica</i>	Vinyasa Flow 9.30am <i>Sarah Jane</i>	Get Up and Flow 9.30am <i>Lauren</i>
Pregnancy Yoga 11am <i>Natalie</i>	Chair Yoga 11:30am <i>Nina</i>		Hatha 10.30am <i>Jayne</i>		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 <i>Dave</i>		
Pilates 6.45pm <i>Emma</i>	6.30pm <i>Please check website for new & available courses</i>	Ashtanga Flow 6.45pm <i>Minica</i>	Restorative Yoga 6.45pm. <i>Lauren</i>	Restore and Relax by Candlelight 6.15pm <i>Nina</i>	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 <i>Jayne</i>	Hatha Yoga 8pm <i>Yinny</i>	Vinyasa Flow 8pm <i>Kevin</i>	Monthly Sound Bath With Kalie 8.15pm			
			Monthly Mindfulness Drop-In sessions 8pm			