



Autumn / Winter Timetable 2017

Monday	Gentle Beginners	9.30am
Tuesday.	All Levels /General class	8.00am
Tuesday	Shape Up yoga/Pilates	9.30am
Wednesday	Yin Yoga / all levels	9.30am
Wednesday	Beginners / General class	6.00pm
Thursday	All Levels / General Class	8.00am
Thursday	Restorative yoga.	9.30am
Friday	Ashtanga Flow Class	9.30am
Saturday	Flow yoga	8.15am
Sunday	All Levels/ General	10.00am