

Studio Sessions Timetable 2019

During School Terms

Bookings essential

Monday	5.30 – 7pm	Yoga
Tuesday	9.30 – 11am	Yoga
Tuesday	1.30 – 3pm	Gentle Yoga – suitable for beginners and those who want a gentler practice.
Tuesday	6 – 7.30pm	Yoga for Pregnancy & Birth - *Dependant on demand
Wednesday	6 – 7.30pm	Yoga
Thursday	9.30 – 11am	Yoga
Thursday	11.30 – 12.30pm	Mums & Babies Yoga - *Dependant on demand
Saturday Generally 1 st &3 rd Sat of Month	10.30am – 12.30pm	Restorative Yoga

- Pregnancy and Mums and Babies Yoga is dependent on demand – minimum of 3 people maximum 5/6 people.
Please contact me if you are interested in either of these classes, or if you have friends who may be interested, and we can put together a class for you.