Studio Sessions Timetable 2020

During School Terms

Bookings essential

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| 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 |
| SaturdayGenerally 1st&3rd Sat of Month | 10.30am – 12.30pm | Restorative Yoga  |

* Pregnancy and Mums and Babies Yoga is dependent on demand – minimum of 3 people maximum 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 organise a class for you.

* Restorative yoga class dates may change in 2020 – please contact me to verify class dates.
* Bookings essential for all classes as space is limited.