


2020 October–November Yoga Class Timetable

Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	AM	AM	AM	AM	AM	
<u>Therapeutic flow</u> 9.30-10.30 (Jane)				<u>Therapeutic flow</u> 9.30-10.30 (Jane)	<u>Energy boost</u> Yoga/pilates/ strength 9-10 (Jane)	
Tai chi intro level 12.15-1.15 (Diane)						
PM	PM	PM	PM	PM	PM	PM
			<u>Mindful flow for children</u> 3.45-4.30 (Jennifer)			
<u>Yoga for healthy hips</u> 5.15-6.15 (Jane)	<u>Beginners / gentle yoga</u> 5.15-6.15 (Kaela)	<u>Therapeutic flow</u> 5.30-6.30 (Casey)	<u>Therapeutic flow</u> 5.15-6.15 (Mel)			<u>Restorative</u> 15 Nov 10.30-12md (MoveWell)
<u>Weekend warrior</u> <i>recover & realign</i> 6.30-7.30 (Jane)		Pilates 6.45–7.45 (Iben)	<u>Yoga for core support</u> 6.30-7.30 (Jane)			<u>Yoga nidra</u> 6-7.15 4 Oct 1 Nov (Jane)