



APRIL 2026 PROGRAMME

(Regular classes plain text, events/workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
** PLEASE CHECK WITH TEACHERS FOR TERM DATES **						
10am GENTLE YOGA FLOW with VALERIE	9.30am OPEN PRACTICE YOGA	IYENGAR WORKSHOP AISLING 1st 9.30-12.30pm	7.30am OPEN PRACTICE YOGA	7.15am CORE YOGA with EVA	11-12pm CONSCIOUS MOVEMENT with BECCA	9am IYENGAR YOGA on teaching rota
10am IYENGAR YOGA with CLAIRE	11.30am HATHA YOGA with SUSAN	10.30am GENTLE BREATH-LED YOGA with MAGGIE	9.25am ACTIVE YOGA with RACHEL	10am IYENGAR YOGA with CLAIRE	Through the week COUNSELLING with KATE, KRISSY & MARGARET	10.30am PILATES with AIMEE
Through the week MASSAGE THERAPIES with LUA			BEGINNERS T'AI-CHI with JULIE-ANNE 12pm, 1pm & 2pm	SHIATSU CLINIC with KATHLEEN 10th & 17th from 12pm	CONSCIOUS MOVEMENT INTENSIVE with BECCA 4th 10-2pm	12pm SUNDAY STRETCH & SOOTHE YOGA with CATHY
6pm GENERAL YOGA with RACHEL	6pm IYENGAR YOGA with CLAIRE	6pm GENTLE YOGA with JO	6pm JIVAMUKTI YOGA with STEVEN	FIRESTAFF FLOW 5.30pm (BEGINNERS)	MIND-BODY SPA RETREAT with CLARE 11th 2-5pm	MANTRA SONG CIRCLE with JULIE & VIC SUNDAY 12th 7-8.45pm
6.30pm HATHA YOGA - with LUCIE	6pm BEGINNERS HATHA YOGA with TOMEK	6pm MIXED / BEGINNERS YOGA with RACHEL	6pm IYENGAR YOGA with ANNAMARIE	6.30pm (INTERMEDIATE) with STEVEN	DEEPENING PRACTICE #2 ~ CHARKA YOGA with ORLA 11th 2-5.30pm	MIND-BODY RESET FUNDRAISER with DEIRDRE 19th 2-5pm
7.40pm BEGINNERS YOGA with RACHEL	6pm DANCE CLASS with LISA	6pm MOVE TO HEAL with ROSE	6.30pm HATHA YOGA with TARA	6pm YOGA FOR MEN with TOM	MONTHLY MINDFULNESS GATHERING with VERONICA 18th 10.30-1pm	SOUL ALIGNED CIRCLE with NIAMH 19th 6-7.45pm
7.45pm AERIAL YOGA with SANDRA	7.30pm IYENGAR YOGA) with CLAIRE	7.25pm ACTIVE YOGA with RACHEL	7.30pm MOVE TO HEAL with ROSE	YIN YOGA & YOGA NIDRA with LUCIE 3rd 6.30-8pm		SUNDAY REST & RESTORE with CATHY 26th 12-1pm
GONG BATH with SOUNDHENG IRELAND 13th & 27th 8-9.15pm	8pm BOLLYWOOD ZUMBA with DEEPIKA	7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE	RESTORATIVE YOGA with OLIVIA 30th 7.45-8.45pm	DRUM CIRCLE with CURIOUS COMMUNITY 10th 7-8.30pm		
		MONTHLY MEN'S CIRCLE BELFAST with MIKE 1st 7.30-9pm				

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