



AUGUST 2022 PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
** PLEASE CHECK WITH TEACHERS FOR SUMMER DATES **						
	7.30am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE	IYENGAR WORKSHOP with AISLING 10th 10-1pm MELA GENTLE YOGA with Tessa 24th 11.30-12.30pm		7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE	1:1 SPECIAL YOGA with TORY 1:1 PILATES through week with CHRISTINE IYENGAR YOGA WORKSHOP with CLAIRE 20th 1.30-4pm FAMILY CONSTELLATIONS workshop 20/21 with Collette Hull	10.30am PILATES with AIMEE 12.00pm INDIAN DANCE with SWARA
	11.30am YOGA with SUSAN	MELA KIDS WELLBEING & MINDFULNESS with Tessa 24th 12.30-1.30pm		COUNSELLING with LILY		
6pm GENERAL YOGA with RACHEL 6,15pm YOGA with DIANA (summer one-off 15th)	6pm IYENGAR YOGA with CLAIRE 6pm BEGINNERS YOGA with TOMEK (from 30th)	MELA SOUND HEALING SPA with Tessa 24th 2-2.45pm 6pm NIA (Movement to Heal) with ROSE 6pm YIN YOGA with Xenia (from 31st)	6pm OPEN MAT PILATES with CHRISTINE 6pm IYENGAR YOGA with CLAIRE 6pm JIVAMUKTI YOGA with STEVEN			
7.30pm AERIAL YOGA with SANDRA (from 20th) 7.35pm BEGINNERS YOGA with RACHEL	7.30pm IYENGAR YOGA with CLAIRE	7.45pm TRANQUIL FLOW with Ashley 7.45pm YOGA CLUB with OONAGH (from 17th)	7.30pm AERIAL YOGA with SANDRA (from 18th) 7.30pm NIA (Movement to Heal) with ROSE			

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