



AUGUST 2024 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					9am GUIDED ASHTANGA YOGA with GABRIELLA	9am IYENGAR YOGA with MAURA 10.30am PILATES with AIMEE
	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE	SUMMER IYENGAR YOGA SCHOOL with AISLING Monday 5th - Friday 9th 10-4pm	10.30am MOVING MAMAS with KERRY	6.30am MYSORE PRACTICE with GABRIELLA 7.15am CORE YOGA with EVA 9.45am BABY YOGA with NATALIE	FUNDAMENTAL BREATHING with ALEX 17th 9-10.30am YOGA WORKSHOP with CLAIRE 31st 10.30-1pm	YOGA CLUB with OONAGH 4th 2-4pm WIM HOF METHOD FUNDAMENTALS with ALEX 18th 12-4pm
	11.30am YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE			10am IYENGAR YOGA with CLAIRE		
6pm GENERAL YOGA with RACHEL 6.30pm YOGA FOR ATHLETES with LUCIE	6pm IYENGAR YOGA with CLAIRE 6pm ALL LEVELS YOGA with LUCIE 6pm BEGINNERS YOGA with TOMEK	6pm MOVE TO HEAL with ROSE 6.30pm ACRO YOGA with LU 7pm CHI CORRECTION with VIC (fortnightly)	6pm IYENGAR YOGA with CLAIRE 6pm JIVAMUKTI YOGA with STEVEN	Through the week COUNSELLING with PAULINE, KATE, CLAIRE, or LILY		
7.40pm BEGINNERS YOGA with RACHEL	7.30pm IYENGAR YOGA with CLAIRE		7.30pm MOVE TO HEAL with ROSE 7.30pm YOGA FOUNDATION with CLAIRE	DRUM CIRCLE with CURIOUS COMMUNITY 9th 7-8.30pm		

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Private bookings and therapies available