



JANUARY 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 VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA	IYENGAR WORKSHOPS AISLING 14th 9.30-12.30pm	7.30am OPEN PRACTICE YOGA	7.15am CORE YOGA with EVA		9am IYENGAR YOGA on teaching rota
	10am IYENGAR YOGA with CLAIRE	10.30am GENTLE BREATH-LED YOGA with MAGGIE	9.25am ACTIVE YOGA with RACHEL	10am IYENGAR YOGA with CLAIRE		10.30am PILATES with AIMEE
	11.30am HATHA YOGA with SUSAN		10.35am CHAIR YOGA with RACHEL	10.30am CHI ME with MAGGIE		11am SUNDAY STRETCH & SOOTHE YOGA with CATHY
	11.30am CHAIR YOGA with CLAIRE		BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2pm	SHIATSU CLINIC with KATHY 6th & 30th afternoon	MIND-BODY SPA RETREAT with CLARE 10th 2-5pm	SANGHA SITTING with LEAVES OF ONE TREE MEDITATION
6pm GENERAL YOGA with RACHEL	6pm IYENGAR YOGA with CLAIRE	6pm GENTLE YOGA with JO	6pm IYENGAR YOGA (LEVEL 1 ACTIVE) with ANNAMARIE	6pm YOGA FOR MEN with TOM		GROUP 4th 5.30-7.30pm
6.30pm HATHA YOGA - ALL LEVELS with LUCIE	6pm BEGINNERS HATHA YOGA with TOMEK	6pm MIXED / BEGINNERS YOGA with RACHEL	6.15pm HATHA YOGA with TARA	----- Through the week COUNSELLING with CLAIRE, ETAIN, KATE, MAIRGHÉAD & MARGARET	WIM HOF METHOD FUNDAMENTALS with ALEX 24th 10am-2pm	KIRTAN with JULIE & VIC SUNDAY 11th 7-8.45pm
7.40pm BEGINNERS YOGA with RACHEL	7.05pm MINDFULNESS MEDITATION with FIONA	6pm MOVE TO HEAL with ROSE			THE GREAT CHAKRA WORKSHOP with ANNIE 21st 12-3pm	SUNDAY REST & RESTORE with CATHY 25th 11-12pm
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	BELFAST TANGO MEET & GREET 9th 7-8pm		
GONG BATH with SOUNDHENGES IRELAND 8-9.15pm INTRO TO SHAMANISM with BRIAN 7.45-9.45pm alternating	8pm BOLLYWOOD ZUMBA with DEEPIKA	7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE YIN YOGA with LUCIE 28th 7.45-8.45pm	7.30pm FIRESTAFF FLOW with STEVEN	8pm TANGO with BELFAST TANGO SOCIETY DRUM CIRCLE with CURIOUS COMMUNITY 9th 7-8.30pm		

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