JULY 2021 PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
****PLEASE CHECK WITH TEACHERS FOR TERM DATES****						
	10am IYENGAR YOGA with CLAIRE (begrs) 6th only			7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE (begrs) 9th only	1:1 PILATES with CHRISTINE 1:1 SPECIAL YOGA with GERI **3rd July** **2pm Yin & Mindfulness for Resilience with XENIA**	10.30am PILATES with AIMEE **25th July** **4.15pm MEET to MEDITATE with FIONA**
	11.30am YOGA with SUSAN 6th only 1-3pm INTRO COMPASSIONATE INQUIRY with AISLING	11am T'AI CHI with JULIE-ANNE	11am T'AI CHI with JULIE-ANNE	10.15am BABY MASSAGE with CECILIA		
6.15-7.15pm YOGA with DIANA	6pm IYENGAR YOGA with CLAIRE (begrs) 6th only 6pm BEGINNERS YOGA with TOMEK 6pm MELLOW YOGA with DANI	6pm DYNAMIC YOGA with LUCIE	6pm IYENGAR YOGA with CLAIRE (mixed) 8th only 7.30pm NIA (Movement to Heal) with ROSE	6.30pm RELAXING YOGA with LUCIE		
7.30pm AERIAL YOGA with SANDRA 8pm GONG BATH with SOUNDHENGE IRELAND	7.30pm IYENGAR YOGA with CLAIRE (mixed) 6th only	7.30pm SHAMANISM fortnightly with BRIAN 7.45pm YOGA CLUB with OONAGH	7.30pm AERIAL YOGA with SANDRA 7.45pm IYENGAR YOGA with CLAIRE (beginners) 8th only	9th July 7pm YOGA FOR CYCLISTS with LUCIE (private)		

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Private bookings also available (not shown on timetable)