



# JULY 2022 PROGRAMME

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|--|---|--|---|---|---|---|
| <b>** PLEASE CHECK WITH TEACHERS FOR SUMMER DATES **</b>   |   |  |   |   |   |   |
|  | 7.30am OPEN PRACTICE YOGA (5th only)<br><br>10am IYENGAR YOGA with CLAIRE (5th only)                                  | 10.15am BABY MASSAGE with CECILIA  |   | 7.15am CORE YOGA with EVA<br><br>10am IYENGAR YOGA with CLAIRE (1st & 8th only) | 1:1 SPECIAL YOGA with TORY  | 10.30am PILATES with AIMEE  |
|  | 11.30am YOGA with SUSAN   |  |   | COUNSELLING with LILY   | <b>CHI WALKING &amp; BIO ENERGY</b> with VIC 23rd 10.30am-12.30pm | <b>KETTLEBELLS TRAINING</b> with LISA 24th 2-4pm  |
| 6pm GENERAL YOGA with RACHEL   | 6pm IYENGAR YOGA with CLAIRE (5th only)<br><br>6pm YIN YOGA with DANI (5th only)<br><br>6pm BEGINNERS YOGA with TOMEK | 6pm NIA (Movement to Heal) with ROSE   | 6pm MAT PILATES with CHRISTINE<br><br>6pm IYENGAR YOGA with CLAIRE (7th only)<br><br>6pm JIVAMUKTI YOGA with STEVEN |   | <b>THE SPACE BETWEEN WORKSHOP</b> with JULIE 30th 2-4.30pm        | <b>IYENGAR YOGA WORKSHOP</b> with CLAIRE 31st 9-11.30am<br><br><b>KIRTAN</b> with JULIE & VIC 31st 7-8.30pm |
| 7.30pm AERIAL YOGA with SANDRA (4th only)<br><br>7.35pm BEGINNERS YOGA with RACHEL<br><br>8pm GONG BATH with SOUNDHENG IRELAND | 7.30pm IYENGAR YOGA with CLAIRE (mixed) (5th only)  | 7.30pm INTRO TO SHAMANISM with BRIAN<br><br>7.45pm TRANQUIL FLOW with Ashley<br><br>7.45pm YOGA CLUB with OONAGH | 7.30pm NIA (Movement to Heal) with ROSE   |   |   |   |

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