



JULY 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 IYENGAR YOGA with CLAIRE	9am YOGA with PORTIA (from 21st) 11.30am HATHA YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE	IYENGAR WORKSHOP AISLING 8th 9.30-12.30pm	7.30am OPEN PRACTICE YOGA 9.25am ACTIVE YOGA and 10.35am CHAIR YOGA with CLAIRE (2nd only) 10am IYENGAR YOGA with CLAIRE (from 30th)	10am IYENGAR YOGA with CLAIRE SHIATSU CLINIC with KATHLEEN 17th & 24th	10am VINYASA FLOW With MAIREAD ----- Through the week COUNSELLING with ANNE, KATE, KRISSEY, LILY, MARGARET & SIOBHAN -----	9am IYENGAR YOGA with LOUISE (5th only)
Through the week MASSAGE THERAPIES with LUA						
6pm GENERAL YOGA with CLAIRE 6.30pm HATHA YOGA with LUCIE 7.45pm BEGINNERS YOGA with CLAIRE	6pm IYENGAR YOGA with CLAIRE		6pm IYENGAR YOGA with ANNAMARIE 6.15pm MENOPAUSE YOGA with OLIVIA 7.15pm PREGNANCY YOGA with CHRISTINE (2nd only)	6pm YOGA FOR MEN with TOM (3rd only) YIN YOGA & YOGA NIDRA with LUCIE 3rd 7-8.15pm	EMERGENCY FIRST AID AT WORK COURSE with PARAGON HEALTH CARE ACADEMY 18th 9-3.30pm	
7.45pm AERIAL YOGA with SANDRA (6th only) 7.45pm BEGINNERS YOGA with CLAIRE	7.15pm BOLLYWOOD DANCE with DEEPIKA 7.30pm IYENGAR YOGA with CLAIRE	7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE MONTHLY MEN'S CIRCLE BELFAST with MIKE 1st 7.30-9pm	7.30pm EVENING YOGA with OLIVIA RESTORATIVE YOGA with OLIVIA 30th 7-8.30pm	YIN YOGA & YOGA NIDRA with LUCIE 3rd 7-8.15pm CREATIVE WELLBEING with BINDER dates tbc		

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Private bookings and therapies available