



MARCH PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					9.45am ASHTANGA VINYASA with NIDHI	9.45am PREGNANCY YOGA with ADRIENNE
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN STUDIO with CLAIRE 10am IYENGAR YOGA with CLAIRE (beginners) 10.30am YOGA BASICS with SIMONE	10am HATHA YOGA with SUSAN IYENGAR WORKSHOP with AISLING 4th 10-1pm	10am IYENGAR YOGA with CLAIRE (beginners/ supported)	7.15am CORE YOGA with EVA YIN YOGA with VALERIE 13th 10-11.15am	10am IYENGAR YOGA with LOUISE (beginners) 11.30am JIVAMUKTI OPEN with STEVEN	10.30am PILATES with AIMEE 1pm & 2pm TAI-CHI (levels 0 & 1) with JULIE-ANNE 2pm MBSR with FIONA
	11.30am HATHA YOGA with SUSAN		3.30pm OPEN STUDIO with CLAIRE	1pm TAI-CHI (level 0) with JULIE-ANNE	6pm POLISH YIN YOGA with ANIA	7pm YIN YOGA & CANDLES with PATRICIA
5pm PILATES with CHRISTINE 5.45pm IYENGAR YOGA with RACHEL (general) 6pm YOGA with TRACY 6.15pm PILATES with CHRISTINE	6pm HATHA YOGA with TOM 6pm IYENGAR YOGA with ANDREW (beginners) 6pm INTRO TO NIA with ROSE JAMPA LING NI MEDITATION 3rd 6-7pm	5.45pm CORE YOGA with EVA 6pm IYENGAR YOGA with RACHEL (beginners) 6.15pm IYENGAR YOGA with CLAIRE (supported)	5.45pm IYENGAR YOGA with CLAIRE (intermediate) 6pm JIVAMUKTI OPEN with STEVEN 6pm YIN YOGA with LISA	6pm IYENGAR YOGA with MAURA (general) SPRING EQUINOX YOGA with DANIELLE 20th 6.30-8.30pm	1st SATURDAY ART GROUP with JOHN 7th 10am-2pm MOVIE MANTRA & KIRTAN with DAVE STRINGER & RÓNÁN Ó SNODAIGH 28th 7-10pm	YOU ARE ENOUGH with JULIE 8th 10am-12pm IYENGAR YOGA with CLAIRE 15th 1.30-4pm KIRTAN with JULIE & VIC 15th 7-8.30pm ITEC LEVEL 3 MASSAGE TRAINING with SUZANNE 22n 9.30am-5.30pm MEET TO MEDITATE with FIONA 22nd 4.15-5.15pm SOUND BATH EXPERIENCE with TESSA ANN 22nd 7.30-8.45pm
7.30pm YOGA with RACHEL (beginners) 7.45pm SHAMANISM with BRIAN or 8pm GONG BATH with SOUNDHENGE IRELAND	7.15pm PREGNANCY YOGA with DANI 7.15pm VINYASA FLOW with DANIELLE 7.30pm IYENGAR YOGA with CLAIRE (general)	7.25pm MIXED ABILITY YOGA with NIDHI 7.30 IYENGAR YOGA with RACHEL (general) 7.45pm VINYASA FLOW YOGA with OONAGH	7.30pm MINDFULNESS FOR LIFE with VERONICA (5th & 26th only) 7.30pm IYENGAR YOGA with LOUISE (general)	7.30pm ZUMBA with MAGDA COME FLY WITH ME! With SANDRA 13th 7.30-8.30pm		
8pm AERIAL YOGA with SANDRA	8.20pm YIN YOGA with DANIELLE	8.35pm EVENING YOGA with NIDHI	7.30pm AERIAL YOGA with SANDRA			