



# MARCH 2023 PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>** PLEASE CHECK WITH TEACHERS FOR TERM DATES **</b>						
10am VINYASA FLOW YOGA with VALERIE  <b>EMMETT</b> with TRIONA 20th & 21st 9-5pm	7.30am OPEN PRACTICE YOGA  10am IYENGAR YOGA with CLAIRE  10.30am BEGINNERS PILATES with CHRISTINE	<b>IYENGAR WORKSHOP</b> with AISLING 8th 10-1pm	10.15am BABY MASSAGE with CECILIA	7.15am CORE YOGA with EVA  10am IYENGAR YOGA with CLAIRE	10am BOLLYWOOD FUSION DANCE with SWARA  11am BOLLYWOOD DANCE with SWARA  1:1 PILATES through week with CHRISTINE	9am IYENGAR YOGA with MAURA  9.45am HATHA YOGA with OLIVIA  10.30am PILATES with AIMEE  11am & 12pm BOLLYWOOD DANCE with SWARA  1pm BHARATANATYAM DANCE with SWARA
3pm CHAIR YOGA with Claire	11.30am YOGA with SUSAN	12.30pm T'AI-CHI with JULIE-ANNE	5.30pm DYNAMIC FLOW PILATES with CHRISTINE	<b>THAI MASSAGE TRAINING</b> with KELLY 10th 9-5pm	<b>REIKI</b> with DEBI 4th 9-5pm  <b>RELAX &amp; HEAL</b> with XENIA 4th 11-1pm	
6pm GENERAL YOGA with RACHEL  6.15pm YOGA with DIANA  6.30pm ALL FLOW YOGA FLOW with LUCIE	6pm IYENGAR YOGA with CLAIRE  6pm BEGINNERS YOGA with TOMEK  6pm OPEN MAT PILATES with CHRISTINE	6pm MOVE TO HEAL with ROSE	6pm IYENGAR YOGA with CLAIRE  6pm STRONG FLOW YOGA with LUCIE  6.30pm BEGINNERS PILATES with CHRISTINE	<b>MASSAGE &amp; REIKI</b> available with MARTINA Thursdays and Fridays	<b>IYENGAR YOGA WORKSHOP</b> with CLAIRE 11th 10-12.30pm  <b>HULA HOOPS</b> with FI FLO HOOPS 11th 12.45-2.45pm	<b>KIRTAN</b> with JULIE & VIC 12th 7-8.30pm
7.30pm AERIAL YOGA with SANDRA  7.40pm BEGINNERS YOGA with RACHEL  8pm GONG BATH with SOUNDHENG IRELAND	7.15pm PILATES with AIMEE  7.15pm MINDFULNESS BASED STRESS REDUCTION with FIONA  7.30pm IYENGAR YOGA with CLAIRE	7.30pm INTRO TO SHAMANISM with BRIAN  7.45pm TRANQUIL FLOW with LAUREN  7.45pm YOGA CLUB with OONAGH	7.30pm AERIAL YOGA with SANDRA  7.30pm MOVE TO HEAL with ROSE  8.45pm SHAMANIC GATHERING with BRIAN	<b>RELAX AERIAL YOGA</b> with SANDRA TBC 7.30-8.30pm	<b>FAMILY YOGA</b> with ZOE 11th 3-4pm	