



MAY 2023 PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 10.30am BEGINNERS PILATES with CHRISTINE	IYENGAR WORKSHOP with AISLING 10th 10-1pm	10.15am BABY YOGA with CECILIA	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE	9am-1pm INDIAN DANCE classes with SWARA 1:1 PILATES through week with CHRISTINE	9am IYENGAR YOGA with MAURA 10.30am PILATES with AIMEE 10am-3pm INDIAN DANCE classes with SWARA
3pm CHAIR YOGA with Claire <i>(Tuesdays in bank holiday weeks)</i>	11.30am YOGA with SUSAN	12.30pm T'AI-CHI with JULIE-ANNE	5.30pm DYNAMIC FLOW PILATES with CHRISTINE		REIKI with DEBI 20th 9-5pm	KIRTAN with JULIE & VIC 7th 7-8.30pm
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 TOMMEK 6pm OPEN MAT PILATES with CHRISTINE	6pm MOVE TO HEAL with ROSE 6pm RELAX + HEAL with XENIA 6.30pm PREGNANCY YOGA with DANI	6pm IYENGAR YOGA with CLAIRE 6pm STRONG FLOW YOGA with LUCIE 6.30pm BEGINNERS PILATES with CHRISTINE	MASSAGE & REIKI available with MARTINA Thursdays and Fridays	KINESIOLOGY with Emma 27/28th all day	IYENGAR YOGA WORKSHOP with CLAIRE 14th 10.30-1pm WIM HOF METHOD FUNDAMENTALS with ALEX 14th 11-3pm
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL 8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFUL MEDITATION with FIONA 7.30pm IYENGAR YOGA with CLAIRE 8pm MOVING INTO STILLNESS with JULIE	7.15pm WIM HOF METHOD BREATHING with ALEX 7.30pm SHAMANISM with BRIAN 7.45pm YOGA CLUB with OONAGH	7.30pm AERIAL YOGA with SANDRA 7.30pm MOVE TO HEAL with ROSE	DRUM CIRCLE with CURIOUS COMMUNITY 12th 7-8.30pm RELAX AERIAL YOGA with SANDRA TBC 7.30-8.30pm		