



OCTOBER 2021 PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					11am JIVAMUKTI YOGA with STEVEN (open level)	10.30am PILATES with AIMEE
THE ART OF YIN PART 3 with GRACE 25th	10am IYENGAR YOGA with CLAIRE (beginners)	11am TAI-CHI with JULIE-ANNE	11am TAI-CHI with JULIE-ANNE	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE 10.15am BABY MASSAGE with CECILIA	12.15pm FAMILY YOGA IN FRENCH with LINGOTOTS	MEDITATION with JAMPA LING 11.30am 3rd
	11.30am YOGA with SUSAN	12.30pm TAI-CHI with JULIE-ANNE	12.30pm TAI-CHI 121s with JULIE-ANNE		1:1 PILATES with CHRISTINE	THE ART OF YIN PART 3 with GRACE 24th
6pm GENERAL YOGA with RACHEL 6.05pm TRAUMA INFORMED YOGA with LU BLUE 6.15pm BEGINNERS YOGA with DIANA	6pm IYENGAR YOGA with CLAIRE (beginners) 6pm BEGINNERS YOGA with TOMEK 6pm MELLOW YOGA with DANI	6pm YIN YOGA & MINDFULNESS with XENIA 6.15pm IYENGAR YOGA with MAURA (beginners)	6pm IYENGAR YOGA with CLAIRE (level 2) 6pm JIVAMUKTI YOGA with STEVEN (open level)	THE ART OF YIN PART 3 with GRACE 22nd	1:1 SPECIAL YOGA with GERI BEGINNERS HULA HOOPS with FI FLO 2-3pm 9th HULA HOOPS FLOW with FI FLO 3.30-4.30pm 9th REIKI LEVEL 1 TRAINING with DEBI 16th	HIP OPENING WORKSHOP with STEVEN 24TH 2-4.30PM MEET TO MEDITATE with FIONA 24th 4.15-5.15pm
7.30pm AERIAL YOGA with SANDRA 7.30pm BEGINNERS YOGA with RACHEL 8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFULNESS BASED STRESS REDUCTION with FIONA 7.30pm YOGA FOR MENOPAUSE with JACKIE 7.30pm IYENGAR YOGA with CLAIRE (level 1)	7.15pm BEGINNERS YOGA with TOMEK 7.30pm INTRO TO SHAMANISM with BRIAN 7.45pm YOGA CLUB with OONAGH	7.30pm NIA (Movement to Heal) with ROSE 7.30pm AERIAL YOGA with SANDRA 7.45pm IYENGAR YOGA with CLAIRE (beginners)		ITEC MASSAGE with Suzanne (private: 16th) THE ART OF YIN PART 3 with GRACE 23rd	