



SEPTEMBER PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN STUDIO with CLAIRE 10am IYENGAR YOGA with CLAIRE (beginners)	10am HATHA YOGA with SUSAN IYENGAR WORKSHOP with AISLING 25th 10-1pm	10am IYENGAR YOGA with CLAIRE (gentle) 1pm LIFE DRAWING with SKYE (12th & 26th)	7.15am CORE YOGA with EVA YIN YOGA with VALERIE 20th 10-11.15am	9.45am ASHTANGA VINYASA with NIDHI 10am INTRO TO IYENGAR YOGA with LOUISE (7th only) 11.30am JIVAMUKTI OPEN with STEVEN	9.15am & 10.30am PILATES with AIMEE 10am YINTRO TO SILENCE with PATRICIA 1pm & 2pm TAI-CHI (Levels 1 & 0) with JULIE-ANNE (from 22nd)
	11.30am HATHA YOGA with SUSAN	12.30pm CORE YOGA with EVA	3.30pm OPEN STUDIO with CLAIRE	11am & 1pm TAI-CHI (Levels 0 & 2) with JULIE-ANNE (from 20th)	1st SATURDAY ART GROUP with JOHN 7th 10am-2pm FREE JNR INT 1 IYENGAR YOGA CLASS with LOUISE 7th & 14th 11.30-1pm and 21st 1.30-3pm CRITICISM vs ACCEPTANCE with CAROLINE 21st 10-12.30pm	5.30pm SUNDAY GENTLE YOGA with REKA (from 29th) CULTIVATING HEALTHY RELATIONSHIPS with SHARON 1st & 22nd 1.30-5pm MEET TO MEDITATE with FIONA 15th 4.15-5.15pm KIRTAN with JULIE, VIC & PAUL 15th 7-8.30pm AUTUMN EQUINOX SOUND BATH with TESSA 22nd 7.30-8.45pm
5.45pm IYENGAR YOGA with RACHEL (general) 6pm YOGA with TRACY 6.15pm PILATES with CHRISTINE 7.30pm YOGA with RACHEL (beginners) 7.45pm GENTLE HATHA with REKA (2nd only)	6pm HATHA YOGA with TOM 6pm IYENGAR YOGA with ANDREW (active beginners) 6.15pm PILATES with JEKATERINA	5.45pm CORE YOGA with EVA 6pm CHAKRA FLOW with ORLA (4th only) 6pm IYENGAR YOGA with CLAIRE (gentle) (from 18th) 6pm IYENGAR YOGA with RACHEL (beginners)	5.45pm IYENGAR YOGA with CLAIRE (intermediate) (from 19th) 6pm RELAX & UNWIND with LISA 6pm JIVAMUKTI OPEN with STEVEN	6pm IYENGAR YOGA with MAURA (general)		
7.45pm SHAMANISM or 8pm GONG BATH with SOUNDHENG IRELAND (from 9th)	7.15pm PREGNANCY YOGA with DANI 7.30pm GENTLE FLOW & YIN with DANIELLE	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 PARENTING with VERONICA 7.30pm AERIAL YOGA with SANDRA	7.30pm ZUMBA with MAGDA 7.45pm BEGINNER'S YIN & FLOW with PAULETTE	RAINBOW KIDS YOGA TEACHER TRAINING 27th, 28th & 29th 9-6pm	
8pm AERIAL YOGA with SANDRA	7.30pm IYENGAR YOGA with CLAIRE (general)	8.35pm EVENING YOGA with NIDHI YINTRO with DANIELLE 11th 6-7.30pm	7.30pm IYENGAR YOGA with LOUISE (general)			