



# SEPTEMBER PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>**PLEASE CHECK WITH TEACHERS FOR TERM DATES**</b>						
10am VINYASA YOGA with VALERIE	10am IYENGAR YOGA with CLAIRE (beginners)			7.15am CORE YOGA with EVA  10am IYENGAR YOGA with CLAIRE (beginners)	9am-2pm Trinity Theatre Arts kids' DANCE  11am JIVAMUKTI YOGA with STEVEN	10.30am PILATES with AIMEE  <b>MONTHLY MEDITATION</b> with JAMPA LING 13th
6pm YOGA with TRACY  6.30pm YOGA with DIANA  GONG BATH with SOUNDHENG IRELAND fortnightly	6pm IYENGAR YOGA with CLAIRE (beginners)  6pm HATHA YOGA with TOMEK  6.30pm TRINITY THEATRE ARTS kids' dance	5.45pm CORE YOGA with EVA  6.15pm YIN YOGA with DANIELLE  7pm LIFE DRAWING with SKYE (dates tbc)	6pm IYENGAR YOGA with CLAIRE (mixed)  6pm JIVAMUKTI YOGA with STEVEN	6pm IYENGAR YOGA with MAURA	<b>HOOPING WORKSHOP</b> with FI FLO HOOPS 5th 2-3pm  <b>ITEC MASSAGE TRAINING</b> with SUZANNE starts 19th	<b>MEET TO MEDITATE</b> with FIONA 20th  <b>IYENGAR YOGA WORKSHOP</b> with RACHEL 27th
7.45pm SHAMANISM with BRIAN fortnightly  7.45pm AERIAL YOGA with SANDRA	7.15pm VINYASA FLOW with DANIELLE  7.30pm IYENGAR YOGA with CLAIRE (mixed)	7.30pm YOGA FOR MENOPAUSE with JACKIE  7.45pm YOGA CLUB with OONAGH	7.30pm NIA with ROSE  7.45pm AERIAL YOGA with SANDRA  7.45pm IYENGAR YOGA with CLAIRE (beginners)	7.30pm ZUMBA with MAGDALENA	<b>LOW COST THAI MASSAGE CLINIC</b> with STEVEN 26th	<b>SOUND BATHS</b> with TESSA  6th & 20th 7.30-9pm

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