



REGULAR CLASS TIMETABLE

Monday

10.00-11.30 Yoga with Laraine
01206 330279. [Book Here!](#)

11.45-12.45 Dance and Movement
for Well-being (aged 60+) with
Lucy 07841 117689. [Book Here!](#)

13.30-14.30 Funky Fun for All
Belly Dance with Miriam
07706 746750. [Book Here!](#)

Tuesday

17.00-18.00 Beginners Yoga with
Srina 07835 730593. [Book Here!](#)

18.15-19.15 Therapeutic Yoga
with Jade 07739903056. [Book
Here!](#)

19.30-21.00 Vinyasa Flow Yoga
with Heidi
07814 245194. [Book Here!](#)

Wednesday

10.00-11.30 Yoga with Elaine
07866 808739. [Book Here!](#)

18.30-19.30 Vinyasa Style Yoga
with Melissa
07765 446952. [Book Here!](#)

20.00-21.00 Yoga with Paula
07425 873852. [Book Here!](#)

Thursday

10.30-12.00 Yoga with Elaine
07866 808739. [Book Here!](#)

12.30-13.30 Chair Yoga with Chris
[Book Here](#) - 07804 029440

18.30-20.00 Find Food and Body
Freedom Workshop with Amy
07969 002100. [Book Here!](#)

20.30-21.30 Men's Yoga with
Shane
07805 298630. [Book Here!](#)

Friday

9.15-10.15 Hatha Honour
Yoga with Holly
07966 760667. [Book Here!](#)

10.30-12.00 Vinyasa Flow
Yoga with Heidi
07814 245194. [Book Here!](#)

18.30-19.30 Funky Fun for
All Belly Dance with Miriam
07706 746750. [Book Here!](#)

The Weekend

Saturday

9.30-10.30 Yoga with Paula
07425 873852. [Book Here!](#)

Sunday

8.45-9.45 Yin and Yoga Nidra
with Shane
07805 298630. [Book Here!](#)

10.00-11.30 Vinyasa Flow Yoga
with Heidi
07814 245194. [Book Here!](#)