



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.00			Hatha Flow Yoga Sorcha				
9.00			Yoga Flow All Levels Claudia				
9.30			Hatha Flow Yoga Marlene				Yoga Michael
10.00	Yoga Flow All Levels Claudia	Restorative Yoga Sighle		Restorative Yoga Sighle	Yoga Flow (hip openers) Claudia	Yoga Flow all Levels (Back, Neck & Shoulders)	
10.15		Yoga Michael					
11.15					Yoga (chair) for active retirement Claudia		Yoga for Stretch & Relax Claudia
12.30							Restorative Yoga Claudia
19.00		Restorative Yoga Sighle			Stretch & Relax Claudia		
19.30			Restorative yoga for pregnancy Sighle				
19.30			Yoga Michael				
19.45	Mindfulness Mary & Susan			Mindfulness Mary & Susan			

Time Table Subject to change

Contact Details – Please contact instructor directly to book and enquire

Mary 086-8239502, Claudia, 085-7637981, Michael 086-0890833, Sighle 085-7265827, Susan 086-1510784, Marlene 087-6809574, Sorcha 085-7295895