



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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
18.00							
18.30	Yoga with Jan						
19.00		Restorative Yoga Sighle			Yoga with Claudia		
19.30			Restorative yoga for pregnancy Sighle from 20 th sept				
19.30			Yoga				

19.45	Mindfulness Mary & Susan		Michael	Mindfulness Mary & Susan			
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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, Alison 086-8030969
 Marlene 087-6809574, Jan 086-8395732