



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00			Yoga Flow All Levels Claudia				
9.30							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 with Michael					
11.15					Yoga (chair) for active retirement Claudia	Yoga with Claudia All levels	Yoga for Stretch & Relax Claudia
12.30							Restorative Yoga Claudia
18.30	Pre Natal Yoga with Jan						
19.00		Restorative Yoga Sighle					
19.30			Restorative yoga with Sighle				
19.40			Post Natal Yoga with Jan				
19.45	Mindfulness Mary & Susan			Mindfulness Mary & Susan			

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,
Jan 086-8395732