



Online Yoga & Wellbeing Sessions

June 2021 Timetable

Please note the classes begin Monday 7th June 2021

JUNE 2021 Timetable

MONDAY		12.30pm – 1.15pm Monday Yoga	5.30pm – 6.30pm Men Only	7.00pm – 8.00pm Moving Stretch Yoga	
TUESDAY	10.00am – 11.00am Rise & Shine Yoga	12.00pm – 1.00pm Chair Yoga	5.00pm – 6.00pm Slow Flow Yoga	7.00pm – 8.00pm Pregnancy Yoga	
WEDNESDAY	7.00am – 8.00am Get up & Glow Yoga & Meditation	10.00am – 11.00am Men Only	6.00pm – 7.00pm Wednesday Yoga		9.00pm – 9.30pm Guided Meditation
THURSDAY	11.00am – 12.00pm Chair Yoga	12.30pm – 1.00pm Breathe & Relax	5.00pm – 6.00pm Yin Yoga		9.00pm – 9.30pm Guided Relaxation
FRIDAY	10.00am – 11.00am Rise & Shine Yoga				
SATURDAY	10.00am – 11.00am Rise & Shine Yoga				

