



## Online Yoga & Wellbeing Sessions

### March Timetable

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<b>MONDAY</b>		12.30pm – 1.15pm Monday Motivator Yoga	6:00pm – 6:30pm Rest & Reset Relaxation	7.00pm – 8.00pm Moving Stretch Yoga
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	7.00am – 8.00am Get up & Glow Yoga & Meditation		6:00pm – 7:00pm Yoga	9.00pm – 9.30pm Meditation
<b>THURSDAY</b>	11.00am – 12.00pm Chair Yoga	12.30pm – 1.00pm Breathe & Relax	5.00pm – 6:00pm Yin Yoga	9.00pm – 9:30pm Guided Relaxation
<b>FRIDAY</b>	10.00am – 11.00am Rise & Shine Yoga		6:00pm – 6:30pm Rest & Reset Relaxation	
<b>SATURDAY</b>	10.00am – 11.00am Rise & Shine Yoga			