



Online Yoga & Wellbeing Session

Class Timetable October 2021

54 classes for £30.00

October 2021

MONDAY				5.30 – 6.30pm Men Only Yoga FREE	7 – 8pm Evening Yoga Moving Stretch	
TUESDAY		10 – 11am Rise & Shine Yoga	12 – 1pm Chair Yoga	5 – 6.00pm Evening Yoga Slow Flow		
WEDNESDAY	7 – 8am Early Riser Dynamic Yoga			6 – 6.30pm Guided Meditation		
THURSDAY	9.30-10.30am Men Only Yoga FREE	11 – 12pm Chair Yoga	12.30 – 1pm Breathe & Relax	5 – 6pm Evening Yoga Yin		9 – 9.30pm Guided Relaxation
FRIDAY		10 – 11am Rise & Shine Yoga				
SATURDAY		10 – 11am Rise & Shine Yoga				

