



Online Yoga & Wellbeing Sessions

## September Timetable

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**MONDAY**

7.00pm – 8.00pm  
Evening Yoga

**TUESDAY**

10.00am – 11.00am  
Morning Rise & Shine  
Yoga

12.00pm – 1.00pm  
Chair Yoga

5.00pm – 6.00pm  
Evening Yoga

**WEDNESDAY**

7.00am – 8.00am  
Early Risers Yoga

6:00pm – 6:30pm  
Guided Meditation &  
Relaxation

**THURSDAY**

11.00am – 12.00pm  
Chair Yoga

12.30pm – 1.00pm  
Breathe & Relax

5.00pm – 6:00pm  
Evening Yoga

9.00pm – 9:30pm  
Guided Meditation  
& Relaxation

**FRIDAY**

10.00am – 11.00am  
Rise & Shine Yoga

**SATURDAY**

10.00am – 11.00am  
Rise & Shine Yoga