

# CHAKRA DROP IN CLASSES... ...PTO

DROP IN CLASSES TIMETABLE		SEPTEMBER/OCTOBER 2024	
MONDAY	9.30 – 10.30	Beginners /mixed ability Pilates	Michelle
	11.00 – 12.00	Hatha yoga	Jal
	13.30 – 14.30	Tai Chi	Bryan
	18.00-19.00	Yoga	Simone
	19.00 – 20.00	Pilates – mixed ability	Michelle
TUESDAY	6.30 – 7.30	Morning Rise Yoga	Jal
	9.30 – 10.30	Aroma yoga	Sally
	14.00 – 15.00	Guided Meditation (2 <sup>nd</sup> Tuesday of month)	Heather
	18.30 – 19.30	Yoga Fusion Flow	Simone
	19.30 – 20.30	Intermediate Pilates	Michelle
WEDNESDAY	10.30 – 11.30	Beginners Tai Chi	Bryan
	11.30 -12.30	Ashtanga yoga Beginners	Holly
	18.00 – 19.00	Pilates all levels	Robyn/Julie
	19.00 – 20.00	Yoga	Claire
	20.00 – 21.15	Kundalini Yoga	Clarrisha / Wendy
THURSDAY	10.30-11.30	Pilates	Michelle
	17.00 – 18.00	Tapping Circle (Stress/Anxiety Management) 2nd Thursday of the month	Fran
	18.30-20.00	Iyengar yoga	Silvia
	20.15 – 21.00	Guided Meditation 1 <sup>st</sup> & 4th Thursdays only	Bethany
FRIDAY	9.30 -10.30	Yoga fusion flow	Simone
	10.30 – 11.30	Beginners Yoga	Simone
SATURDAY	9.30 – 10.30	Yoga - Kunda flow – all levels	Julie
SUNDAY	10.30 – 12.00	Chi kung (last Sunday of every month)	Bryan
	10.30 – 12.00	Tai Chi (2 <sup>nd</sup> Sunday of every month)	Bryan
	18.30 – 19.45	Yin Yoga/Meditation (last Sunday of month)	Jenny

# CHAKRA COURSES... ... PTO

6** ,8*** & 4* WEEK COURSES		SEPTEMBER / OCTOBER 2024	BOOKING REQUIRED
MONDAY	11.00-12.00	Hatha Yoga **	Jal
	5.15 – 6.00	Pregnancy/Prenatal yoga *	Jal
	20.00 – 21.00	Beginners Pilates **	Michelle
TUESDAY	6.30 – 7.30	Morning Rise Yoga	Jal
	11.00 – 12.00	Physio – led Pilates**	Helen
	17.15 – 18.15	Beginners yoga 6 week course **	Simone
WEDNESDAY	9.00 – 10.00	Physio-led Pilates **	Helen
	13.30 –14.30	Physio – led Pilates **	Helen
	16.30 – 17.30	Childrens yoga 4-11 yr olds **	Charlotte
THURSDAY	12.00 – 12.45	Baby Massage and yoga fusion* (8 wks +)**	Lucy
	13.15- 14.00	Baby Yoga (18 wks +)**	Lucy
FRIDAY	13.00 – 14.00	New Mums Yoga,*	Jal
	19.30 – 21.30	Sister circle/ Ecstatic Dance Check our facebook page/ or enquire	Sally
SATURDAY	11.00- 12.00	Stress/Anxiety Management ** (Intro session 5 <sup>th</sup> october)	Olga
SUNDAY	17.00 -18.00	Yoga for Sport **	Jenny