

# CHAKRA DROP IN CLASSES... ..PTO

DROP IN CLASSES TIMETABLE		JANUARY - 2025	
MONDAY	9.30 – 10.30	Beginners /mixed ability Pilates	Bethany
	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	Robyn
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	Robyn
WEDNESDAY	10.30 – 11.30	Beginners Tai Chi	Bryan
	11.30 -12.30	Ashtanga yoga Beginners	Holly
	18.00 – 19.00	Pilates all levels	Julie/ Bethany
	19.00 – 20.00	Yoga	Claire
	20.00 – 21.30	Kundalini Yoga	Clarrisha
THURSDAY	9.30 – 10.30	Revive Yoga (free taster 23 <sup>rd</sup> January)	Magda
	10.30-11.30	Pilates	Robyn
	17.00 – 18.00	Tapping Circle (Stress/Anxiety Management) 1 <sup>st</sup> Thursday of the month (jan 2 <sup>nd</sup> Thursday)	Fran
	18.30-20.00	Iyengar yoga	Silvia
	20.15 – 21.00	Guided Meditation 1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays only	Bethany
FRIDAY	9.30 -10.30	Yoga fusion flow	Simone
	10.30 – 11.30	Beginners Yoga	Simone
	17.45 – 18.45	Middle Eastern Dance class (Starts 24 <sup>th</sup> jan)	Olga
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		JANUARY / FEBRUARY 2025	BOOKING REQUIRED
MONDAY	11.00-12.00	Hatha Yoga **	Jal
	17.15 - 18.00	Pregnancy/Prenatal yoga *	Jal
	20.00 - 21.00	Beginners Pilates ** (27 <sup>th</sup> January start)	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	11.30 - 12.30	Stress & Anxiety management** (starts 25th January)	Olga Holly
	13,00 -14.00	Yoga therapy:-18th,25th jan. 1st feb nourish,restore,surrender.	
SUNDAY	17.00 -18.00	Yoga for Sport *	Jenny