

Monday

10.45 - 11.45am Yogalates with Essie
1.10 - 1.50pm Yoga Lunchtime with Karla
5.30 - 6.30pm Teen Yoga Beat with Karla
6.00 - 7.00pm Yogalates Introduction with Essie
6.30 - 7.45pm Hatha Yoga with Toby
6.35 - 7.50pm Yoga Beat for adults with Karla
7.15 - 8.15pm Beginners Hot Yoga with Eithne
8.00 - 9.00pm Core Strength & Flexibility Training with Toby
8.00 - 9.00pm Pilates Improvers with Aga
8.30 - 10.00pm Hot Yoga with Karla
9.00 - 10.00pm Sports Stretch for men with Toby
9.00 - 10.00pm Pilates Beginners with Aga

Tuesday

10.00 - 11.00am Vinyasa Flow Yoga with Toby
11.15 - 12.15pm Beginners Hot Yoga with Eithne
6.15 - 7.15pm Hatha Yoga (Beg) with Toby
6.15 - 7.15pm Stott Pilates with Mary
6.45 - 8.15pm Hot Yoga with Essie
7.20 - 8.20pm Stott Pilates with Mary
8.30 - 9.30pm Hot Yoga with Toby
9.00 - 10.00pm Yogalates Improvers with Essie

Wednesday

10.00 - 11.15am Power Yoga with Pritha
10.45 - 11.45am Hatha Yoga with Essie
6.30 - 7.45pm Vinyasa Flow Yoga for Beginners with Eithne
6.45 - 7.45pm Yogalates Improvers with Toby
8.00 - 9.00pm Core Strength & Flexibility Training Improvers with Toby
8.00 - 9.15pm Advanced Vinyasa/Pilates Fusion with Essie
9.00 - 10.00pm Core Strength & Flexibility Training with Toby

Thursday

10.00 - 11.00am Vinyasa Flow for Beginners with Eithne
11.00 - 12.30pm Baby Massage with Germaine
4.00 - 5.00pm Yoga Afternoon Wind Down with Eithne
6.30 - 8.00pm Sivananda Yoga with Marian
6.30 - 8.00pm Yoga for Pregnancy with Essie
6.45 - 8.00pm Power Yoga with Pritha
8.15 - 10.00pm Exploration of Yoga with Essie
8.30 - 10.00pm Hot Yoga with Toby
8.30 - 9.30pm Hatha Yoga with Pritha

Friday

9.30 - 10.30am Heated Yoga with Marian
6.30 - 7.30pm Hot Yoga Introduction with Toby
8.00 - 9.30pm Hot Yoga with Pritha

Saturday

10.00 - 11.15am Yoga Therapy with Pritha
10.15 - 11.15am Beginners Hot Yoga with Toby
11.30 - 1.00pm Hot Yoga with Essie

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