

Session	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early	6:15 - 7:15am					Vinyasa Flow	
Morning	9:30 - 10:45am	Breathe Flow Meditate			Breathe Flow Meditate	Gentle Yin Yoga (Chairs available)	8-9:15am General Hatha
Afternoon	4:30- 5.15pm				Kids Yoga (3 - 8 years)		
	5.15- 6.00pm				Kids Yoga (8-14 years) (starting term 4)		
Evening	6:30 - 7:45pm	Beginners Hatha	General Hatha	Meditation 5 week course	Vinyasa Flow	Restorative (Only 1st Fri each month)	



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