

ADULT CLASSES

DAY	TIME	CLASS	BOOK YOUR MAT
Monday	9.30am	Hatha/Yin Pranayama Meditation	book now
Tuesday	6.30pm	Vinyasa Slow Flow Pranayama Relaxation	book now
Friday	9.30am	Yin Yoga Pranayama Meditation	book now
Join online ZOOM	any of above classes		book now