

Yoga Class Timetable

In-Studio & Online

July-August 2022


Please note: from July 25th there is a lighter summer timetable

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
10:00 – 11:00 YOGA with Clara In-Studio & Online	9:30 – 10:30 YOGA with Clara In-Studio & Online SUMMER PAUSE		9:45 – 11:00 YOGA with Marian In-Studio	10:00 – 11:00 YOGA with Clara In-Studio & Online	10:00 – 11:00 BIRTH PREP with Vivien In-Studio & Online	
			13:30 – 14:30 MUM & BABY YOGA With Vivien In-Studio & Online		11:30 – 12:30 PREGNANCY YOGA with Vivien In-Studio & Online	
17:45 – 18:45 BEGINNERS 4-WEEK COURSE with Clara In-Studio Next one: 5th Sept	18:00 – 19:00 PREGNANCY YOGA with Peta In-Studio & Online	18:15 – 19:30 YOGA with Clara In-Studio & Online	18:00-19:00 YOGA with Marian In-Studio	18:00-19:00 YOGA with Travis In-Studio		
19:00 – 20:15 YOGA with Clara In-Studio & Online	19:30 – 20:30 PREGNANCY YOGA with Peta In-Studio & Online	20:00 – 21:00 YOGA with Clara In-Studio & Online SUMMER PAUSE				18:00 – 19:00 YOGA with Mani In-Studio


Please check the website for changes, updates and to book.



Yoga Online



Yoga by Post



Yoga In-Studio

