

September – October 2024

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	10:00 – 11:00 CHAIR YOGA with Sarah In-Studio (tea after too!)	9:45 – 11:00 YOGA with Marian In-Studio	10:00 – 11:00 YOGA with Clara In-Studio & Online	9:00 – 10:00 VINYASA YOGA with Kerry In-Studio	Workshops See Events on our website for info
12:30 – 13:30 PILATES LEVEL 1-2 with Lucy In-Studio			11:30 – 12:30 GENTLE PILATES with Itta In-Studio			
			13:30 – 3:00 MUM & BABY YOGA with Gladey In-Studio			
17:45 – 18:45 GENTLE / BEGINNERS YOGA with Clara In-Studio & Online	18:00 – 19:00 PREGNANCY YOGA with Peta In-Studio & Online	18:00 – 19:15 YOGA with Clara In-Studio & Online	18:00-19:00 YOGA with Marian In-Studio	18:00-19:00 YOGA with Travis In-Studio		* 18:00-19:00 PRENATAL YOGA with Gladey In-Studio
19:00 – 20:15 YOGA with Clara In-Studio & Online	19:15 – 20:15 GENTLE PILATES with Itta In-Studio	19:30 – 20:30 GENTLE YOGA with Clara In-Studio & Online	19:30-20:30 VINYASA YOGA with Bethan In-Studio			

Find us



Please book online
Small, friendly group classes
Online options
1:1 sessions
Yoga therapy & home practice mentoring

Please get in touch with any questions
or if we can help you find the right class or starting point.

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