

# In-Studio | Online January 2022

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
10:00 – 11:00 YOGA with Clara <b>In-Studio &amp; Online</b>	9:30 – 10:30 YOGA with Clara <b>In-Studio &amp; Online</b>		9:45 – 11:00 YOGA with Marian <b>In-Studio &amp; Online</b>	10:00 – 11:00 YOGA with Clara <b>In-Studio &amp; Online</b>	10:00 – 11:00 BIRTH PREP with Vivien <b>In-Studio &amp; Online</b>	10:00 – 12:00 YOGA STUDY GROUP Monthly <b>In-Studio &amp; Online</b>
			13:30 – 14:30 MUM & BABY YOGA With Vivien <b>In-Studio &amp; Online</b>		11:30 – 12:30 PREGNANCY YOGA with Vivien <b>In-Studio &amp; Online</b>	
17:30 – 18:30 BEGINNERS YOGA Monthly Induction <b>In-Studio &amp; Online</b>	18:00 – 19:00 PREGNANCY YOGA with Peta <b>In-Studio</b>	18:15 – 19:30 YOGA with Clara <b>In-Studio &amp; Online</b>	17:45–19:00 YOGA with Marian <b>In-Studio</b>	18:00–19:00 YOGA with Travis <b>In-Studio</b>		18:00–19:00 YOGA with Vivien <b>In-Studio &amp; Online</b>
19:00 – 20:15 YOGA with Clara <b>In-Studio &amp; Online</b>	19:30 – 20:30 PREGNANCY YOGA with Peta <b>In-Studio</b>	20:00 – 21:00 YOGA with Clara <b>In-Studio &amp; Online</b>	19:30–20:45 YOGA with Marian <b>In-Studio</b>			19:30 – 20:30 PREGNANCY YOGA with Vivien <b>In-Studio &amp; Online</b>

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

