

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		MINDFUL MOVEMENT YOGA with Jo Taylor 09:30 - 10:30	HATHA YOGA with Bel Harvey 09:30 - 10:30		YOGA MOVEMENT with Jo Taylor 10:30 - 11:30	
HATHA YOGA with Anita Nathan 10:00 - 11:00		MINDFUL MOVEMENT YOGA with Jo Taylor 10:45 - 11:45	BABY YOGA 8 WEEKS - CRAWLING with Bel Harvey 10:45 - 11:45	HATHA YOGA with Kate Robb 10:00 - 11:00		MEDITATION & MOVEMENT 1st & 3rd Sunday of the month with Anita Nathan 10:00 - 11:00
HATHA YOGA with Anita Nathan 11:15 - 12:15				HATHA YOGA with Kate Robb 11:15 - 12:15		
			GENTLE YOGA with Julie Miller 13:45 - 14:45			
					INTRODUCTION TO MINDFULNESS WORKSHOPS & MINDFULNESS COURSES with Jo Taylor * See posters around the centre for details *	
	INFINITE TAI CHI WITH CHI KUNG BEGINNERS with Kerri Tew 18:30 - 19:15		YOGA MOVEMENT with Jo Taylor 17:45 - 18:45	CRYSTAL & REIKI GROUP SESSIONS 2nd & 4th Friday of the month with Kerry-Louise 18:30 - 17:30		
YOGA MOVEMENT with Jo Taylor 17:45 - 18:45			YOGA MOVEMENT with Jo Taylor 19:00 - 20:00			
YOGA MOVEMENT with Jo Taylor 19:00 - 20:00	INFINITE TAI CHI WITH CHI KUNG STANDARD LEVEL with Kerri Tew 18:30 - 19:15	HATHA YOGA with Kate Robb 19:30 - 20:30		MINDFULLNESS MEDITATION GROUP 1st & 3rd Friday of the month with Jo Taylor 19:30 - 20:45		

Anita Nathan 01332 842 070
 Kerri Tew 07834 763 554
 Jo Taylor 07949 941 031
 Kate Robb 07984 185 233

Bel Harvey 07709 982 134
 Julie Muller 07521 912 961
 Kerry-Louise 07903 751 872