

Studio Classes are not currently taking place at the centre, however some instructors are offering live video classes online during this difficult time. To find out more or to join an online class please contact the instructors via the contact details below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		MINDFUL MOVEMENT YOGA with Jo Taylor 09:30 - 10:30			YOGA MOVEMENT with Jo Taylor 9:30 - 10:30	MEDITATION & MOVEMENT 1st Sunday of the month with Anita Nathan 10:00 - 11:00
HATHA YOGA with Anita Nathan 10:00 - 11:00				HATHA YOGA with Kate Robb 10:00 - 11:00		
HATHA YOGA with Anita Nathan 11:15 - 12:15				HATHA YOGA with Kate Robb 11:15 - 12:15		
			THE ALEXANDER TECHNIQUE 1-1 SESSIONS with Rachel Boulton 15.15 - 17.15		INTRODUCTION TO MINDFULNESS WORKSHOPS & MINDFULNESS COURSES with Jo Taylor * See posters around the centre for details *	
YOGA MOVEMENT with Jo Taylor 17:45 - 18:45	INFINITE TAI CHI WITH CHI KUNG BEGINNERS with Kerri Tew 18:30 - 19:15		YOGA MOVEMENT with Jo Taylor 17:45 - 18:45			
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	YOGA MOVEMENT with Jo Taylor 19:00 - 20:00			

Anita Nathan	01332 842 070	Rachel Boulton	07721 940 726
Kerri Tew	07834 763 554		
Jo Taylor	07949 941 031		
Kate Robb	07984 185 233		