



TIMETABLE

(A/W'21: FROM 6TH SEPTEMBER)

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|---|--|---|-------------------------------|--|
| | 7-8am Rise & Shine <i>Alice (1 hr)</i> | | | 7-8.15 Rise & Shine <i>Jill (1 ¼ hr)</i> | | 9.30 - 10.45am Beginners/General <i>Alice (1 ¼ hr)</i> |
| | 9.30 - 11am Beginners/General <i>Andrea (1 ½ hrs)</i> | 9.30-11am General <i>Andrea (1 ½ hrs)</i> | 10-12pm Intermediate <i>Jill (2 hrs)</i> | 9.30-11am General <i>Jill (1 ½ hrs)</i> | | |
| 12.30-13.15 Lunchbreak Yoga <i>Fiona (45 mins)</i> | | | 1-1.45pm Lunchbreak Yoga <i>Jean (45 mins)</i> | 1.15 - 2.45pm General <i>Andrea (1 ½ hrs)</i> | | |
| 2-3.30pm Remedial <i>Jill (1 ½ hrs)</i> | | | 2-3pm Easy & Gentle <i>Jill (1 hr)</i> | | | |
| 4-5pm Fatigue Recovery <i>Jill (1 hr)</i> | 4.30-5.30pm Teens <i>Andrea (1 hr)</i> | | | | | |
| 5.30-6.30/6.45pm Beginners <i>Fiona (1 ¼ hr)</i> | | 5-6pm Beginners <i>Anne (1 hr)</i> | 6-7pm Beginners <i>Carrie (1 hr)</i> | | | |
| 7-9pm Intermediate <i>Jill (2 hrs)</i> | 7-8.30pm Men Only <i>Stephen (1 ½ hrs)</i> | 7-8.30pm General <i>Andrea (1 ½ hrs)</i> | 7.15-8.45pm General <i>Carrie (1 ½ hrs)</i> | FEEL GOOD FRIDAYS | | |
| | | | | | WEEKEND WORKSHOPS* | |

*See overleaf for Workshop dates



WEEKEND WORKSHOPS

(A/W'21: FROM 6TH SEPTEMBER)*

Saturday 4th September

WELCOME WORKSHOP - with Andrea & others

Saturday 2nd October

ROPES (What can we do on the ropes?)- with Jill & others

Saturday 6th November

IMMUNITY BOOSTER (Give your immunity a boost before Winter sets in) - with Jill

Saturday 24th December

CHRISTMAS EVE SPECIAL - with Jill

Wednesday 29th - Friday 31st December

WINTER INTENSIVE - with Jill

Saturday 8th January

NEW YEAR, NEW START - with Andrea

* (Keep an eye out for our Spring/Summer workshop dates soon)