

May 2021 Class Schedule by Week**£45/Month Pass (May 10th to 31st)****£18/Week Pass****£7.50/Class Pass**

10 th to 16 th May			
	Morning/Afternoon	Evening	CLASS
Monday	10 - 11		Hatha Yoga
Tuesday	10 - 11		Pilates
Tuesday		6 – 7.15	Dance of the Moon (Yoga for Women)*
Wednesday		8 – 8.45	Shavasana and Pranayama (Profound Rest and Discovery)
Thursday	10 - 11		Pilates
Friday	11 - 12		Hatha Yoga
Saturday	10 – 11.15		Vinyasa Yoga
Sunday	10 – 11.30		Hatha Yoga

*Music will be played.

17 th to 23 rd May			
	Morning/Afternoon	Evening	CLASS
Monday	10 - 11		Hatha Yoga
Tuesday	10 - 11		Pilates
Tuesday		6 - 7	Hatha Yoga
Wednesday		8 – 8.45	Shavasana and Pranayama (Profound Rest and Discovery)
Thursday	10 - 11		Pilates
Friday	11 – 12		Hatha Yoga
Saturday	10 – 11.15		Vinyasa Yoga
Sunday	10 – 11.30		Hatha Yoga

24 th to 30 th May			
	Morning/Afternoon	Evening	CLASS
Monday	10 - 11		Hatha Yoga
Tuesday	10 - 11		Pilates
Tuesday		6 - 7	Hatha Yoga
Wednesday		8 – 8.45	REST and AWAKEN with Sound*
Thursday	10 - 11		Pilates
Friday	11 - 12		Hatha Yoga
Saturday	10 – 11.15		Shakti Rising (Yoga for Women)**
Sunday	10 – 11.30		Hatha Yoga

*A 'Sound Healing' experience.

**Music will be played.