



• DECEMBER TIMETABLE

MONDAY 7TH DECEMBER
ONLINE 6PM TO 7PM
VINYASA

MONDAY 7TH DECEMBER
ONLINE 7:30PM TO 8:30PM
YIN YOGA (MELLOW OUT MONDAY)

TUESDAY 1ST AND 8TH
ONLINE 6PM TO 7PM
YOGA ~ ALL LEVELS

WEDNESDAY 2ND, 9TH AND 16TH
ONLINE 10:30AM TO 11:30AM
GENTLE YOGA

THURSDAY 3RD, 10TH AND 17TH
ONLINE 6PM TO 7PM
BEGINNERS YOGA



WISHING YOU A PEACEFUL CHRISTMAS
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