

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Pilates 11:20-12:20 Andrea S1	Yoga 10:15-11:15 Jen A S1	Ashtanga Vinyasa Yoga 10:45-11:45 Kelly S2	Restorative Yoga 10:30-11:30 Andrea S2	Vinyasa Flow Yoga 10:20-11:20 Leigh S1	Vinyasa Flow Yoga 10:20-11:20 Leigh S1	Yoga 11:00-12:00 Monika S1
PM	Vinyasa Flow Yoga 20:05-21:00 Jen H S1	Pilates 17:25-18:15 Andrea S2	Vinyasa Flow Yoga 20:05-21:00 Jen A S1	Pilates 18:20-19:15 Andrea S2	Vinyasa Flow Yoga 18:30-19:30 Jen A S2		
		Restorative Yoga 18:20-19:15 Andrea S1		Yin Yoga 20:00-21:00 Kali S1			
		Vinyasa Flow Yoga 20:05-21:00 Chloe S1					

Vinyasa Flow Yoga

Work your whole body, linking breath & movement to create flowing transitions between Yoga postures. Includes spinal warm ups, hip opening sequences, deep detoxifying twists, safe back bends & lengthening forward folds finishing with relaxation.

Ashtanga Vinyasa Yoga

A traditional, active and dynamic form of yoga. It works with a high degree of focus and concentration, generating an internal heat that cleanses and purifies, whilst creating a strong, supple body. This class will bring clarity to the mind by working through sun salutations and varied standing and seated sequences.

Restorative Yoga

Restorative Yoga is a class to restore balance to your mind & body. Gentle flows to improve strength & Yin style stretching will leave you feeling calm & empowered. A perfect class for beginners, injury recovery or those who just prefer a gentler style.

Pilates

Target the core muscles to keep the spine healthy & improve your range of movement with mat based exercises. It aims to achieve a strong girdle of strength, allowing for correct body alignment & posture, minimising physical injury. All levels welcome.

Power Yoga

Power Yoga. Power Yoga moves quickly & can be a more intense style that may make you sweat. There's a massive focus on breath whilst holding dynamic postures to create strength, flexibility & stamina within the body.

Yin Yoga

A more restorative style of yoga aimed to calm the mind & stretch the body; a perfect compliment to any cardio fitness class or gym workout, giving you time to slow down & chill out. All levels welcome.

Yoga

This class is based on Vinyasa Flow & is tailored to the what the participants would like on the day, whether relaxing or active. Starting slowly, connect with the breath & warm up the body, followed by sun salutations, postures & sequences, before stretching & finally, relaxation.

