



Timetable

Apr 22

(LS) Livestream Class

Monday	Class Type	Teacher	Price
6:30-7:15am	Body Balance (LS)	Nabila	£5.50
9:30-10:30am	Just Yoga (LS)	Chris	£8.50
12:00-12:45pm	Zen2spin (LS)	Chris	£5.50
18:00-18:45pm	Body Pump (LS)	Nabila	£5.50
18:00-19:00pm	Yoga for all (LS)	Bram	£8.50
18:50-19:05pm	Core (LS)	Nabila	£5.50
19:15-20:00pm	Yoga Flow for Healthy Back (LS)	Nabila	£5.50
Tuesday			
6:45-7:30am	Attack (LS)	Nabila	£5.50
9:30-10:30am	Gentle Yoga (LS)	Chris	£8.50
12:00-12:45pm	Body Pump (LS)	Chris	£5.50
17:45-18:30pm	Zen2spin (LS)	Chris	£5.50
18:00-18:30pm	Barre (LS)	Nabila	£5.50
18:45-20:00pm	No Challenge, no change (LS)	N&C	£8.50
Wednesday			
9:30-10:30am	Restorative Yoga (LS)	Chris	£8.50
18:00-18:45pm	Body Pump (LS)	Nabila	£5.50
17:30-18:30pm	Yogalates (LS)	Chris	£8.50
19:30-20:30pm	Svadhya Yoga (LS)	Jackie	£8.50
Thursday			
9:30-10:30am	Yogalates (LS)	Chris	£8.50
12:00-12:45pm	Yoga for All	Jackie	£8.50
12:30-13:15pm	Zen2spin	Iain	£5.50
17:30-18:30pm	Hatha Yoga (LS)	Bram	£8.50
18:00-18:30pm	Attack	Nabila	£5.50
18:45-19:30pm	Body Balance (LS)	Nabila	£5.50
20:00-21:00pm	Yin Yoga (LS)	Fiona	£8.50
Friday			
6:30-7:15am	Body Pump (LS)	Chris	£5.50
7:45-8:30am	Ashtanga for Beginners	Chris	£8.50
9:30-10:30am	Hatha Yoga (LS)	Bram	£8.50
16:30-17:00pm	Barre (LS)	Nabila	£5.50
17:30-18:00pm	Zen2core (LS)	Nabila	£5.50
18:15- 19:15pm	Slow Flow (LS)	N&C	£8.50
Saturday			
9:00-9:45am	Zen2spin (LS)	Chris	£5.50
10:15-11:15am	Recovery Yoga Flow (LS)	Chris	£8.50
Sunday			
9:15-10:00am	Zen2spin (LS)	Chris	£5.50
10:30-11:30am	Sunday Vinyasa Flow (LS)	Nabila	£8.50
12:00-12:30pm	Attack	Nabila	£5.50