



Timetable

Spring 24

(LS) Livestream Class (V) Virtual Class

| Monday | Class Type | Teacher | Price |
|------------------|--|---------|---------|
| 9:30-10:30am | Just Yoga (LS) | Chris | £ 10.00 |
| 11:00-11:45am | Chair Yoga (to get you moving)** | Chris | £ 4.50 |
| 17:00-17:45pm | Pregnancy Yoga | Gilly | EXT |
| 18:00-18:30pm | Zen2spin Express | Nabila | £ 5.00 |
| 19:00-20:45pm | Yoga Basics (LS) | Nabila | £ 8.00 |
| 20:00-20:45pm | Wind Down Yoga Flow | Jackie | £ 8.00 |
| Tuesday | | | |
| 6:30-7:15am | Zen2fit (LS) -Aerobics | Nabila | £ 6.00 |
| 9:30-10:30am | Yin Yoga (LS) | Chris | £ 10.00 |
| 12:00-12:45pm | Zen2spin | Chris | £ 6.00 |
| 18:00-18:45pm | Body Pump | Nabila | £ 6.00 |
| 19:00-20:00pm | Yoga for a Healthy Back (LS) | Chris | £ 10.00 |
| 20:15-21:00pm | Yogic Meditation (LS) | Chris | £ 8.00 |
| Wednesday | | | |
| 6:30-7:15am | Zen2spin | Chris | £ 6.00 |
| 9:30-10:30am | Yoga to align your Chakras (LS) | Chris | £ 10.00 |
| 12:00-12:45pm | Body Pump | Chris | £ 6.00 |
| 18:00-18:30pm | Zen2fit (Dance) | Nabila | £ 5.00 |
| 18:45-19:30pm | Yoga Fitness Flow (LS) | N & C | £ 6.00 |
| Thursday | | | |
| 6:30-7:15am | Zen2fit (LS) -Aerobics | Nabila | £ 6.00 |
| 9:30-10:30am | Yoga for All with myofacial release (LS) | Jackie | £ 10.00 |
| 11:00-11:45am | Chair Yoga (to get you moving)** | Chris | £ 4.50 |
| 12:00-12:45pm | Zen2spin | Chris | £ 6.00 |
| 18:00-18:45pm | Body Pump | Nabila | £ 6.00 |
| 19:00-19:45pm | Yoga with Myofacial Release for Shoulders (LS) | Nabila | £ 8.00 |
| 20:00-21:00pm | Yin Yoga (LS) | Fiona | £ 10.00 |
| Friday | | | |
| 6:30-7:15am | Body Pump (LS) | Chris | £ 6.00 |
| 7:45-8:30am | Yoga Bootcamp (LS) | Chris | £ 8.00 |
| 9:30-10:30am | Hatha Yoga (LS) | Bram | £ 10.00 |
| 11:00-12:00pm | Mother & Baby Yoga | Gilly | EXT |
| 15:45-16:15pm | Little Yins Yoga (P1-3) | Giselle | £ 4.00 |
| 16:30-17:10 | Kids Yoga (P4-7) | Giselle | £ 4.00 |
| 17:30-18:00pm | Zen2core | Nabila | £ 5.00 |
| 18:15-19:15pm | Friday Yoga - Bringing Balance | Fiona | £ 10.00 |
| Saturday | | | |
| 8:45-9:30am | Zen2spin | Chris | £ 6.00 |
| 10:00-11:00am | Yoga Basics (LS) | Chris | £ 10.00 |
| Sunday | | | |
| 9:15-10:00am | Body Pump (LS) | Nabila | £ 6.00 |
| 10:30-11:30am | Chakra Flow (LS) | Nabila | £ 10.00 |
| 12:00-13:00pm | Zen2fit -Aerobics | Nabila | £ 6.00 |



Scan for Website

Contact us:
email: yoga@zen2.co.uk
WhatsApp: +447923988558



Scan to Book Class