

Autumn 2026

Yoga Timetable

(LS) Face to Face Class available through Livestream

Day	Class Type	Teacher	Price
Monday			
9:30-10:30am	Just Yoga (LS)	Chris	£ 12.00
11:00-11:45am	Chair Yoga	Chris	£ 5.00
19:45-20:00	Yoga Basics	Nabila	£ 11.00
Tuesday			
9:30-10:30am	Gentle Yoga	Violet	£ 12.00
11:00-12:00pm	Tai Chi	Violet	£ 12.00
19:00-20:00pm	Indian Hatha Yoga (LS)	Chris	£ 12.00
Wednesday			
9:30-10:30am	Yoga beyond the Mat (LS)	Chris	£ 12.00
18:15-19:00pm	Yoga	Zara	£ 11.00
Thursday			
06:30-07:15pm	Fitness Yoga (LS)	Chris	£ 11.00
9:30-10:30am	Yoga Basics (LS)	Chris	£ 12.00
11:00-11:45am	Chair Yoga	Chris	£ 5.00
18:30-19:30pm	Ashtanga (LS)	Chris/Nabila	£ 12.00
19:45-20:45pm	Yin Yoga (LS)	Fiona	£ 12.00
Friday			
7:45-8:30am	Ashtanga (LS)	Chris	£ 11.00
9:30-10:30am	Indian Hatha Yoga (LS)	Chris	£ 12.00
Saturday			
10:00-11:00am	Yoga Basics (LS)	Chris	£ 12.00
Sunday			
10:30-11:30am	Yoga for Hips & Hamstrings (LS)	Nabila	£ 12.00