



# Timetable

## **Monday.**

9.30 - 10.30am

Beginners

6.00 - 7.00pm

Beginners

7.20 - 8.20pm

Nurture & Nourish **coming soon**

## **Tuesday.**

6.00 - 7.00pm

Dynamic/General Flow

7.20 - 8.20pm

Breath & Core

## **Wednesday.**

9.30 - 10.40am

General

6.00 - 7.00pm

Move & Restore

## **Thursday.**

9.30 - 10.30am

Nurture & Nourish

6.30 - 7.30pm

General **live stream**

## **Friday.**

6.30 - 7.30am

Warm Up **live stream**

9.30 - 10.40am

Breath & Core

## **Saturday.**

8.00 - 9.15am

Dynamic Flow