

Monday

Beginners yoga	09:30 - 10:30
<i>This is a studio hire class - please contact yogawithanna108@gmail.com for more information</i>	
Soul-Full Space with Nicky Temple	11:00 - 12:00
<i>A weekly space to relax, de-stress and reduce anxiety, starting 9 September. This is a studio hire class - please contact Nicky via her website www.soul-full-space.com</i>	
Hatha yoga for beginners/returners	18:00 - 19:00
<i>Six-week block (booking required)</i>	
Vinyasa yoga with Candice	19:30 - 20:30
<i>This is a studio hire class - please contact candice@myphone.coop for more information</i>	

Tuesday

TRX training	10:00 - 11:00
<i>Group class - maximum three people</i>	
Yoga for over 60s	11:00 - 12:00
<i>This is a studio hire class - please contact yogawithanna108@gmail.com for more information</i>	
TRX training	12:00 - 13:00
<i>Group class - maximum three people</i>	
TRX training	14:00 - 18:00
<i>Intro/1:1 classes or group classes</i>	
Vinyasa Flow yoga with Connie Griffiths	18:15 - 19:15
<i>This is a studio hire class - please contact yogawithconnie@outlook.com for more information</i>	

Wednesday

Yoga for over 60s	09:30 - 10:30
<i>This is a studio hire class - please contact yogawithanna108@gmail.com for more information</i>	
TRX training	10:30 - 11:30
<i>Group class - maximum three people</i>	

TRX training 16:00 - 18:00
Group class - maximum three people

Beginners yoga 18:15 - 19:15
This is a studio hire class - please contact yogawithanna108@gmail.com for more information

Intermediate yoga 19:15 - 20:15
This is a studio hire class - please contact yogawithanna108@gmail.com for more information

Thursday

TRX training 10:00 - 12:00
Group class - maximum three people

TRX training 14:00 - 18:00
Intro/1:1 classes or group classes

Daisy Birthing Pregnancy Yoga 18:45 - 20:15
This is a studio hire class - please contact Sammy Cox at sammy-cox@thedaisyfoundation.com

Friday

TRX training 09:00 - 12:00
Intro/1:1 classes or group classes

TRX training 16:00 - 18:00
Group class - maximum three people