



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00							
08:15							
08:30				08:30-09:30			
08:45				Iyengar Yoga			
09:00				Russell			
09:15				07767 410907			
09:30							
09:45							
10:00			10:00-11:15		10:00-11:15	10:00-11:15	10:00-11:15
10:15			Vinyasa Flow		Vinyasa Flow	Vinyasa Flow	Vinyasa Flow
10:30			Carlin		Carlin	Carlin	Karen
10:45			07860 266240	10:45-12:00	07860 266240	07860 266240	07715 771478
11:00				Mum & Baby			
11:15				Yoga	11:00-12:00		
11:30				Felicity	Kundalini Yoga		
11:45				07876 453177	Zoe		
12:00							
12:15							
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15:30							
15:45							
16:00							16:00-17:00
16:15							Kundalini Yoga
16:30							Zoe
16:45							07508 272766
17:00							
17:15							
17:30							
17:45							
18:00	18:00-19:15	18:00-19:15		18:00-19:15			
18:15	Yin Yoga	Qi Gong +		QiGong/Tai Chi			
18:30	Steve	Meditation		Steve			
18:45	07770 945416	Ollie		07770 945416			
19:00	19:00-						
19:15	20:15						
19:30	Hatha						
19:45	Flow						
20:00	Jo		19:30-20:45	19:00-20:15			
20:15	07976 809561		Vinyasa Flow	Hatha Flow			
20:30	07770		Steve	Jo			
20:45	945416		07770 945416	07976 809561			

1:1 and private sessions available on Zoom - call Steve 07770 945416 or Carlin 07860 266240 to discuss

All Zoom 'virtual' classes are **£10.00 per session**.

Blocks already purchased can be used for the above Zoom classes - please speak to your teacher.  
Please see website for more information on booking and streaming procedure.

2a Friday Street, Henley-on-Thames RG9 1AH

