



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30							
07:45							
08:00							
08:15							
08:30							
08:45							
09:00							
09:15				09:00-10:00 Hatha Flow		09:00-10:00	
09:30			09:30-10:45 Hatha Flow	Emma 07584 256517 9:30-10:45 Vinyasa Flow	09:30-10:45 Vinyasa Flow	Private 1:1	
09:45			Carlin 07860 266240	Steve 07770 945416	Carlin 07860 266240		
10:00		10:00-11:00 Qi Gong				10:30-11:45 Hatha Flow	
10:15		Steve 07770 945416					
10:30							
10:45							
11:00		11:00-11:30 Tai Chi			11:00-12:15 Restorative	Carlin 07860 266240	11:00-12:15 Flow & Restore
11:15			11:00-12:30		Carlin 07860 266240	Emma 07584 256517	
11:30			Private 1:1				
11:45							
12:00							
12:15							
12:30			12:30-13:30		12:30-13:30	12:30-13:30	
12:45			Private 1:1		Private 1:1	Private 1:1	
13:00							
13:15							
13:30							
13:45							
14:00							
14:15							
14:30							
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30							
16:45							
17:00							
17:15							
17:30							
17:45							
18:00	18:00-19:15 Yin Yoga		17:45-19:00 Yin Yoga				
18:15	Steve 07770 945416		Steve 07770 945416				
18:30		18:00-19:15 Beginners Qi Gong & Tai Chi		18:30-19:30 Private Hire			
18:45		Steve 07770 945416		Jo 07976 809561			
19:00							
19:15							
19:30	19:30-20:45 Hatha Flow		19:30-20:45 Vinyasa Flow				
19:45	Steve 07770 945416		Steve 07770 945416				
20:00							
20:15							
20:30							
20:45							

STUDIO/ZOOM class
 ZOOM class only
 1:1 and private sessions available

For 1:1 and private sessions, 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

