



	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	
09:30						<b>Private 1:1</b>	
09:45			09.30-10.45 Hatha Flow <b>Carlin</b> 07860 266240	9:30-10:45 Vinyassa Flow <b>Steve</b> 07770 945416	09.30-10.45 Vinyasa Flow <b>Carlin</b> 07860 266240		
10:00		10.00-11.00 Qi Gong <b>Steve</b> 07770 945416					
10:15							
10:30						10.30-11.45 Hatha Flow	
10:45						<b>Carlin</b> 07860 266240	
11:00		11.00-11.30 Tai Chi			11.00-12.15 Restorative <b>Carlin</b> 07860 266240		
11:15			11.00-12.30				
11:30			<b>Private 1:1</b>				
11:45							
12:00							
12:15							
12:30							
12:45			12.30-13.30		12.30-13.30	12.30-13.30	
13:00			<b>Private 1:1</b>		<b>Private 1:1</b>	<b>Private 1:1</b>	
13:15							
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18:00	18:00-19:15 Yin Yoga <b>Steve</b> 07770 945416		17:45-19:00 Yin Yoga <b>Steve ZOOM</b> 07770 945416				
18:15							
18:30							
18:45							
19:00							
19:15							
19:30	19:30-20:45 Hatha Flow <b>Steve</b> 07770 945416		19:30-20:45 Vinyassa Flow <b>Steve</b> 07770 945416	19:00-20:15 Hatha Flow <b>Jo</b> 07976 809561			
19:45							
20:00							
20:15							
20:30							
20:45							

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

