

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
Mysore Style Ashtanga Vinyasa / Self-Practice* 6-9am / AL Cary		Mysore Style Ashtanga Vinyasa / Self-Practice* 6-9am / AL Cary		Mysore Style Ashtanga Vinyasa / Self-Practice* 6-9am / AL Cary		Mysore Style Ashtanga Vinyasa / Self-Practice* 6-9am / AL Cary		Counted Ashtanga Vinyasa primary series* 6.45-8.15am 1st & 3rd Fridays of the month Mysore Style Ashtanga Vinyasa / Self-Practice* 6.30-8.30am 2nd & 4th Fridays of the month Cary				Mysore Style Ashtanga Vinyasa / Self-Practice* 8-10am / AL Cary	
			Hatha 8 - 9am AL / £8.50 Trudi				Hatha 8 - 9am AL / £8.50 Trudi			Hatha 9-10.15am AL Emily	2nd Trimester Pregnancy 9-10.30pm Carmen		Sunday Morning Hatha 9 - 10.15am AL Trudi
		Pregnancy 10-11.15am Lisa				Pregnancy 10-11.15am Lisa				Ashtanga 10.30-12pm Level 2/3 Susan	3rd Trimester Pregnancy 10.30-noon Carmen		
					Hatha 11.00am - 12.30pm OP / AL Nathalie	Autumnal Years yoga 11.30-12.30pm £2 donation Lisa / OAPs				Ashtanga 12-1.30pm Level 1/2 Susan	Yin & Meditation 12-1.30pm AL Amanda		
		Ashtanga 1pm - 2.15pm AL / £8.50 Michael***			Postnatal & Baby Yoga with Tea & Cake 12.30-2pm 6 weeks postnatal + Lisa / OP	Ashtanga 1pm - 2.15pm AL / £8.50 Michael***							
				Ashtanga 2pm-3pm AL / £8.50 Michael***									
Dynamic 5.00-6.30pm AL / OP Amanda		Iyengar 4.30-6pm AL / OP Honor		Dynamic 5-6.15pm AL/ OP Nathalie		Dynamic 4.30-6pm AL / OP Amanda							
Courses - Please check the back for details. C	Ashtanga 6.30-7.45pm AL Cat	Ashtanga 6.30-8pm Level 1 Alex S	Dynamic 6.30-7.45pm Level 2 Nathalie	Pregnancy 6.30-7.45pm 12 weeks + Lisa	Hatha 6.30-8pm Level 1. Angelika	Ashtanga 6.30-7.45pm Level 1 Cat	Iyengar 6.30-7.45pm AL Louise	Ashtanga 6.30-8pm Level 2/3 Ben	Hatha Flow 6.30-8pm AL Sarah			Hatha Flow 5.45-7.15pm AL Bridget	Iyengar 5.45-7.15pm AL Louise
Dharma Mittra Yoga 7.45-9pm L2/3 Nathalie	Dynamic 7.45-9.15pm AL Amanda	Ashtanga 8-9.30pm Level 2/3 Alex S	Hatha 7.45-9pm Level 2 Alexa	Ashtanga 7.45-9.15pm All Levels Ben	Iyengar inspired 8 - 9.30pm AL Angelika	Ashtanga 7.45-9.15pm Level 2/3 Jasone	Hatha Flow 7.45-9.15pm AL Leila						

Please chose a class appropriate to your level, information on levels are on the back of this page, under class information.

All classes are drop in except the courses that run consecutively on Monday evenings, please check back for course details.