

# Classes Timetable

All bookings in advance - please bring your own mat

	DAY & TIME	LOCATION	CLASS	LEVEL	TEACHER
MON	14:00 - 15:30	Online / Live (Downstairs)	Gentle Hatha Yoga/Seniors*	All Levels	Pembe
	16:15 - 17:15	Online / Live (Upstairs)	Kids Yoga	Age 5-10	Jacqueline / Maria
	17:30 - 18:30	Online / Live (Upstairs)	Teen Yoga	Age 11-16	Jacqueline / Maria
	19:30 - 21:00	Online Only	Meditation	All Levels	Henckel
TUES	11:00 - 12:30	Online Only	Hatha Yoga Sivananda	Inter/Advanced	Retheesh
	18:00 - 19:00	Online/ Live at St.Peters	Pregnancy Yoga	From 2nd Trimester	Jackie
	19:30 - 20:45	Online Only	Hatha Yoga Sivananda	Beginners Course	Carmen
WED	10:30 - 12:00	Online Only	Gentle Hatha Yoga	Beginners/Gentle	Carol
	18:00 - 19:15	Online / Live (Downstairs)	Gentle Hatha Yoga	Beginners/Gentle	Carol
	19:30 - 20.45	Online / Live (Upstairs)	Dynamic Hatha Flow	All Levels	Ellen
	19:30 - 20.45	Live Only (Downstairs)	Hatha Yoga	Beginners/Gentle	Sara
THURS	11:15 - 12:30	Online / Live (Downstairs)	Hatha Flow	All Levels	Ellen
	19:30 - 21:00	Online / Live at St. Marks	Hatha Yoga Sivananda (Online by donation)	All Levels	Pembe
FRI	09:30 - 10:45	Online / Live (Downstairs)	Gentle Hatha Yoga (Online by donation)	All Levels	Carol
	11:15 - 12:30	Online / Live (Upstairs)	Hatha Flow	All Levels	Lia
	19:30 - 20:30	Live at St. Marks	Tibetan Bowls (Sound Healing)	All Levels	Emerita
SAT	09:30 - 10:45	Online / Live (Upstairs)	Hatha Yoga	All Levels	Maria
	11:15 - 12:30	Online / Live (Upstairs)	Dynamic Hatha Flow	Intermediate	Ellen
SUN	09:30 - 10:45	Online / Live (Upstairs)	Hatha Yoga Sivananda	All Levels	Margarita
	11:15 - 12:30	Online / Live (Upstairs)	Dynamic Hatha Flow	All Levels	Ellen
	16:00 - 17:30	Online Only	Hatha Yoga Sivananda (Online by donation)	All Levels	Carmen
	16:30 - 18:00	Online Only	Hatha Yoga Sivananda (Online by donation)	Inter/Advanced	Retheesh