

Classes Timetable

— All bookings in advance - please bring your own mat —

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