

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/Gentle	Pembe
TUES	11:00 - 12:15	Online / Live (Subud Lower Hall)	Hatha Yoga Sivananda	Inter/Advanced	Retheesh
	18:00 - 19:00	Live Only (Subud Upper Hall)	Yin Yoga & Sound Bath	All Levels/Gentle	Toni
WED	10:30 - 11:45	Live Only (Subud Upper Hall)	Gentle Hatha Yoga	Beginners/Gentle	Carol
	19:30 - 20.45	Online / Live (Subud Upper Hall)	Dynamic Hatha Flow	Intermediate	Ellen
THURS	11:15 - 12:30	Online / Live (Subud Upper Hall)	Dynamic Hatha Flow	Intermediate	Ellen
	18:15 - 19:15	Live Only (St. Marks Hall)	Meditation (By donation)	All Levels	Michael
	19:30 - 21:00	Online / Live (St. Marks Hall)	Hatha Yoga Sivananda (Online by donation)	All Levels	Pembe
FRI	09:30 - 10:45	Live Only (Subud Upper Hall)	Gentle Hatha Yoga	Beginners/Gentle	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	Intermediate	Maria
	11:15 - 12:15	Live Only (Subud Upper Hall)	Gentle Hatha Flow	Beginners/Gentle	Toni
	11:15 - 12:30	Online / Live (St. Marks Hall)	Hatha Yoga Sivananda	Beginners/All Levels	Pembe
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	Intermediate	Ellen