

Yoga Point

Yoga Point

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-08:00 no class	07:00-08:00 all welcome yoga flow	07:00-08:00 all welcome yoga flow Claudia	07:00-08:00 all welcome yoga flow Risa	07:00-08:00 all welcome yoga flow Claudia		08:45-10:00 all welcome Jivamukti Ana M
08:15-09:15 all welcome yoga flow Rhona	08:15-09:15 all welcome yoga flow	08:15-09:15 all welcome yoga flow Claudia	08:15-09:15 all welcome yoga flow Risa	08:15-09:15 all welcome yoga flow Rhona	09:00-10:30 Level 2 Iyengar Sophie	10:30-11:30 all welcome yoga flow Emma
10:00-11:00 all welcome Iyengar Celia	10:00-11:00 all welcome yoga flow Maurizio	10:00-11:00 all welcome yoga & med. Zoe	10:00-11:00 all welcome yoga flow Effie	09:30-10:30 yoga for older bodies Terry	11:00-12:30 Level 2 Yoga flow Claudia/Effie	12:00-13:00 all welcome yoga flow Emma
11:30-12:30 all welcome Yin Anna H	11:30-12:30 all welcome for older bodies Harry	11:30-12:30 all welcome Yin yoga Fiona	11:30-12:30 no class			
13:00-14:00 all welcome yoga flow Maurizio	13:00-14:00 all welcome yoga flow Harry	13:00-14:00 all welcome yoga flow Fiona	13:00-14:00 all welcome yoga flow Rhona	13:00-14:00 all welcome yoga flow Emma	For details of regular Saturday workshops check under "workshops & courses"	For details of regular Sunday workshops check under "workshops & courses"
17:00-18:00 all welcome Restorative Colette				17:00-18:15 all welcome Restorative Vaccasin		
18:30-20:00 Level 1 Iyengar Celia	18:30-20:00 Level 2 yoga Vaccasin	18:30-20:00 all welcome yin yoga Georgina	18:30-20:00 all welcome Yoga flow Effie	18:30-20:00 all welcome Yoga and med. Vaccasin		18:30-20:00 yoga for pregnancy Theresa
20:15-21:45 Level 2 Iyengar Celia	20:15-21:45 Level 1 yoga Vaccasin	20:15-21:30 Level 2 Yoga flow Maurizio	20:15-21:30 all welcome yoga flow Emma			