

# Yoga Point

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>07:00-08:00</b> coming soon	<b>07:00-08:00</b> all welcome yoga flow David	<b>07:00-08:00</b> coming soon	<b>07:00-08:00</b> all welcome yoga flow Misha		<b>08:45-10:00</b> all welcome yoga flow Effie
<b>08:15-09:15</b> all welcome yoga flow cover				<b>08:15-09:15</b> all welcome yoga flow Misha	<b>09:00-10:30</b> Level 2 Iyengar Sophie	<b>10:30-11:30</b> all welcome yoga flow Maurizio
<b>10:00-11:00</b> all welcome Iyengar Celia	<b>10:00-11:00</b> all welcome yoga flow Maurizio	<b>10:00-11:00</b> all welcome Vajrasati yoga Zoe	<b>10:00-11:00</b> all welcome yoga flow Effie	<b>09:30-10:30</b> yoga for older bodies Terry	<b>11:00-12:15</b> Level 2 Yoga flow Claudia/Effie	<b>12:00-13:00</b> all welcome yoga flow Maurizio
		<b>11:30-12:30</b> all welcome Yinyasa Paula	<b>11:30-12:30</b> all welcome yoga Layaly	<b>11:30-12:30</b> mum & baby yoga Theresa	<b>12:30-13:30</b> power yoga Nina	
<b>13:00-14:00</b> all welcome vinyasa Maurizio	<b>13:00-14:00</b> all welcome Iyengar Lara	<b>13:00-14:00</b> all welcome hatha flow Paula	<b>13:00-14:00</b> all welcome yoga flow Misha	<b>13:00-14:00</b> all welcome yoga flow Nina	For details of regular Saturday workshops check under "workshops & courses"	For details of regular Sunday workshops check under "workshops & courses"
		<b>17:00-18:15</b> Vajrasati yoga Jim	<b>17:00-18:15</b> yoga for mobility & strength Yinka	<b>17:00-18:15</b> all welcome Restorative Vaccasin		
<b>18:30-20:00</b> Level 1 Iyengar Celia	<b>18:15-19:15</b> all welcome bodypositive yoga Donna	<b>18:30-20:00</b> all welcome yin yoga Georgina	<b>18:15-19:30</b> all welcome Yoga flow Effie	<b>18:30-20:00</b> all welcome Yoga and med. Vaccasin		<b>17:15</b> all welcome yoga Simran
<b>20:15-21:45</b> Level 2 Iyengar Celia	<b>19:30-20:30</b> Beginners yoga course Donna	<b>20:15-21:30</b> Level 2 Yoga flow Maurizio	<b>19:45-20:45</b> all welcome yoga Simran			<b>18:30-20:00</b> yoga for pregnancy Theresa