



ONLINE

MONDAY		
07:00-08:00	● Yoga 1-2	Aine
10:00-11:00	● Yoga 1	Amy Charlie
10:00-11:00	● Yoga 2	Aine
13:00-13:45	● Express Lunchtime Yoga	Aine
18:00-19:00	● Yoga Flow	Joanna
18:15-19:15	● Pilates 1-2	Amelia
19:30-20:30	● Pilates 1	Amelia
TUESDAY		
07:30-08:00	● Mixed Yoga	Dee
10:00-11:00	● Yoga 1-2	Dee
10:30-11:30	● Gentle Yoga	Joanna
17:45-18:45	● Yoga 1-2	Michele
19:00-20:00	● Ashtanga	Des
20:35-21:05	● Mediation	Michele
WEDNESDAY		
07:30-08:30	● Mixed Level Yoga	Aine
10:00-11:00	● Mixed Level Yoga	Aine
10:00-11:00	● Yoga 1-2	Amy Charlie
11:00-12:00	● Gentle Yoga	John
13:00-13:45	● Express Lunchtime Yoga	Aine K
18:00-19:00	● Beginners Pilates	Claudia
18:15-19:15	● Pilates 2	Amelia
19:15-20:15	● Yoga 2	Niamh P
19:30-20:30	● Pilates 1	Claudia
THURSDAY		
07:30-08:30	● Yoga 1-2	Aislin
10:00-11:00	● Pilates 1	Amelia
10:00-11:00	● Yoga Flow	Olwyn
18:00-19:00	● Yoga 1-2	Dee
19:00-20:00	● Restorative Yoga	Dee
FRIDAY		
07:00-08:00	● Yoga 1-2	Mignon
10:00-11:00	● Pilates 1	Amelia
10:00-11:00	● Yoga 1-2	Aine K
10:30-11:30	● Gentle Yoga	Amy Charlie
13:00-13:45	● Express Lunchtime Yoga	Aine K
18:00-19:00	● Gentle Yoga	John
SATURDAY		
09:00-10:00	● Yoga 1-2	Aine

10:15-11:15	● Ashtanga	Kate
11:30-12:30	● Yoga 1-2	Nicole
SUNDAY		
09:45-10:45	● Yoga 1	Rachel
10:30-11:30	● Pilates 1-2	Claudia
11:00-12:00	● Yoga 2	Rachael
11:45-12:45	● Yin Yoga	Claudia

Please arrive on time for class. Late arrivals will not be admitted.

- Vinyasa
- Specialty classes
- Rest & Restore
- Whole body fitness
- All things Mum & Baby