



ONLINE

MONDAY			
07:00-08:00	● Yoga Flow Level 1-2	Aine	Hybrid
18:00-19:00	● Yoga Flow Mixed Level	Caoimhe	Online Only
18:00-19:00	● Pilates Level 1-2	Amelia	Online Only
19:00-20:00	● Pilates Level 1	Amelia	Online Only
19:30-20:30	● Restorative Yoga	Caoimhe	Online Only
TUESDAY			
07:30-08:15	● Yoga Flow Mixed Level	Jocelyn	Online Only
17:00-17:45	● Ballet Barre	Mich	Online Only
18:00-19:00	● Yoga Flow Level 1-2	Joanna	Online Only
18:00-19:00	● Intermediate Pilates	Mich	Online Only
18:30-19:30	● Gentle Yoga	Joanna	Online Only
WEDNESDAY			
07:30-08:30	● Yoga Flow Mixed Level	Aine	Online Only
10:00-11:00	● Yoga Flow Level 1-2	Amy Charlie	Online Only
18:00-19:00	● Pilates Level 2	Amelia	Online Only
19:00-20:00	● Pilates Level 1	Amelia	Online Only
18:00-19:00	● Yoga Flow Level 2	Niamh M	Online Only
THURSDAY			
07:30-08:30	● Yoga Flow Level 1-2	Sneah	Online Only
10:00-11:00	● Pilates Level 1	Amelia	Online Only
18:00-19:00	● Gentle Yoga	John	Online Only
19:15-20:15	● Yoga Level 1	Sneah	Online Only
19:00-20:00	● Intermediate Pilates	Amelia	Online Only
FRIDAY			
07:00-08:00	● Yoga Flow Level 1-2	TBC	Online Only
10:00-11:00	● Pilates Level 1	Amelia	Online Only
10:30-11:30	● Dynamic Yoga Flow	Manasi	Online Only
SATURDAY			
9:30-10:30	● Pilates Open Level	Bronagh	Online Only
10:15-11:15	● Yoga Flow Level 1-2	TBC	Online Only
SUNDAY			
10:00-11:00	● Yoga Flow Mixed Level	Manasi	Online Only

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

