



ANY CHANGES will be advertised on Facebook/Twitter/Website

Day	Class	Time	Venue	Cost
Monday's 31 <sup>st</sup> July – 25 <sup>th</sup> September NO CLASS 7 <sup>th</sup> Aug	General Hatha Yoga Class (All Levels)	6 – 7.15pm	Le Grand Courtil St Martins	£12 Drop in
Tuesday's 1 <sup>st</sup> August – 15 <sup>th</sup> August	Movement Alchemy Class In The Park Combination of joint mobilisation, strength, & Yoga	6.15 – 7.30pm	Saumarez Park THIS CLASS WILL BE WEATHER DEPENDENT	£10 Drop in
Wednesday's 26 <sup>th</sup> July – 30 <sup>th</sup> August	General Hatha Yoga Class (All Levels)	9.45 – 11am	Avril Earl Dance Studio (former St Andrews Primary School)	£12 Drop in
Wednesday's 26 <sup>nd</sup> July – 16 <sup>th</sup> August	Meditation and Breathwork Wednesday's	6 -7 pm	Le Grand Courtil – Block B St Martins	£8 Drop in
Saturday's 29 <sup>th</sup> July – 2 <sup>nd</sup> September NO CLASS 5 <sup>th</sup> Aug	Hatha Yoga Fundamentals Class (This class is well suited to Beginners as well a intermediate students )	10 – 11.30am	Le Grand Courtil St Martins	£12 Drop in