



ANY CHANGES will be advertised on Facebook/Twitter/Website

Day	Class	Time	Venue	Cost
Monday's 4 <sup>th</sup> Sep – 30 <sup>th</sup> Oct NO CLASS 23 <sup>rd</sup> Oct	General Hatha Yoga Class (All Levels)	6 – 7.15pm	Le Grand Courtil St Martins	£12 Drop in
Tuesday's 5 <sup>th</sup> Sep – 17 <sup>th</sup> October	Movement Alchemy 7 Week Course Joint strengthening, resiliency, mobilisation, & movement	6.15 – 7.30pm	Beechwood School Queens Rd	£85 for course. £15 Drop In
Wednesday's 13 <sup>th</sup> Sep – 4 <sup>th</sup> Oct	Styx Community 4 week Mindfulness Basics Course	11.30 – 12.30pm	Styx Community Centre Oak Room Rue De Longfrie, St Peters	Voluntary Donations
Wednesday's 13 <sup>th</sup> Sep – 18 <sup>th</sup> Oct	General Hatha Yoga Class (All Levels)	1 – 2.15pm	Styx Community Centre Mapel Room Rue De Longfrie, St Peters	£12 Drop in
Thursday's 28 <sup>th</sup> Sep – 9 <sup>th</sup> Nov	Styx Community Tai Chi Class	11 – 12pm	Styx Community Centre Oak Room Rue De Longfrie, St Peters	Voluntary Donations
Saturday's 2 <sup>nd</sup> Sep – 28 <sup>th</sup> Oct NO CLASS 23 <sup>rd</sup> Sept & 21 <sup>st</sup> Oct	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