



ANY CHANGES will be advertised on Facebook/Twitter/Website

Day	Class	Time	Venue	Cost
Monday's 30 th Oct – 11 th Dec NO CLASS 20 th Nov	General Hatha Yoga Class (All Levels)	6 – 7.15pm	Le Grand Courtil St Martins	£12 Drop in
Tuesday's 31 st Oct – 14 th Nov	Movement Alchemy 3 Week Course Combination of joint mobilisation, strength, & Yoga	6.15 – 7.30pm	Beechwood School Queens Rd	£35 for 3 weeks £15 Drop In
Wednesday's 1 st Nov – 29 th Nov NO CLASS 22 nd Nov	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 th Sep – 9 th Nov	Styx Community Tai Chi Class	11 – 12pm	Styx Community Centre Oak Room Rue De Longfrie, St Peters	Voluntary Donations
Saturday's 28 th Oct – 9 th Dec NO CLASS 17 th , 25 th Nov	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