



ANY CHANGES will be advertised on Facebook/Twitter/Website

Day	Class	Time	Venue	Cost
Monday's 8 th Jan – 5 th Feb	General Hatha Yoga Class (All Levels)	6 – 7.15pm	Le Grand Courtil St Martins	£12 Drop in
Tuesday's 9 th Jan – 6 th Feb	Movement Alchemy 5 Week Course Combination of joint mobilisation, strength, & Yoga	6.15 – 7.30pm	Beechwood School Queens Rd	£65 for course. £15 Drop In
Wednesday's 3 rd Jan – 24 th Jan	Styx Community 4 week Mindfulness Basics Course	11.00 – 12.00pm	Styx Community Centre Oak Room Rue De Longfrie, St Peters	Voluntary Donations
Wednesday's 3 rd Jan – 8 th Feb	General Hatha Yoga Class (All Levels)	1 – 2.15pm	Styx Community Centre Mapel Room Rue De Longfrie, St Peters	£12 Drop in
Thursday's 4 th Jan – 9 th Feb	Styx Community Tai Chi Class	11.30 – 12.30pm	Styx Community Centre Gym Rue De Longfrie, St Peters	Voluntary Donations
Saturday's 6 th Jan – 10 th Feb NO CLASS 20 th JAN	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