



ANY CHANGES will be advertised on Facebook/Twitter/Website

Day	Class	Time	Venue	Cost
Monday's 2 <sup>nd</sup> April – 28 <sup>th</sup> May NO CLASS 30 <sup>th</sup> Apr	General Hatha Yoga Class (All Levels)	6 – 7.15pm	Le Grand Courtil St Martins	£12 Drop in
Tuesday's 10 <sup>th</sup> Apr – 15 <sup>th</sup> May NO CLASS 1 <sup>st</sup> May	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 28 <sup>th</sup> Mar – 23 <sup>rd</sup> May	General Hatha Yoga Class (All Levels)	1 – 2.15pm	Styx Community Centre Mapel Room Rue De Longfrie, St Peters	£12 Drop in
Thursday's 29 <sup>th</sup> Mar – 19 <sup>th</sup> Apr	Styx Community Tai Chi Class	11.30 – 12.30pm	Styx Community Centre Gym Rue De Longfrie, St Peters	Voluntary Donations
Saturday's 31 <sup>st</sup> Mar – 26 <sup>th</sup> May NO CLASS 28 <sup>TH</sup> Apr	Moving Into Stillness Slow moving class leading into guided meditation. Focus on breath, simple postures, meditation.	10 – 11.30am	Le Grand Courtil St Martins	£12 Drop in