



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30							
07:45							
08:00							
08:15							
08:30							
08:45	08.30-09.30						
09:00	Private 1:1					09.00-10.00	
09:15						Private 1:1	
09:30							
09:45			09.30-10.45	9:30-10:45	09.30-10.45		
10:00		10.00-11.00	Hatha Flow	Vinyassa Flow	Vinyasa Flow		
10:15		Qi Gong	<b>Carlin</b>	<b>Steve</b>	<b>Carlin</b>		
10:30	10.00-11.30	07770 945416	07860 266240	07770 945416	07860 266240		
10:45	Private 1:1					10.30-11.45	
11:00						Hatha Flow	
11:15		11.00-12.00			11.00-12.00	<b>Carlin</b>	
11:30		Tai Chi	11.00-12.30		Restorative	07860 266240	
11:45			Private 1:1		<b>Carlin</b>		
12:00					07860 266240		
12:15							
12:30							
12:45			12.30-13.30		12.30-13.30	12.30-13.30	
13:00			Private 1:1		Private 1:1	Private 1:1	
13:15							
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17:45							
18:00	18:00-19:15			18:00-19:00			
18:15	Yin Yoga			Beginners -Tai Chi			
18:30	<b>Steve</b>			<b>Steve</b>			
18:45	07770 945416			07770 945416			
19:00		19:00-20:15					
19:15		Hatha Flow					
19:30	19:30-20:45	<b>Jo</b>	19:30-20:45	19:30-20:45			
19:45	Hatha Flow	07976 809561	Vinyassa Flow	Pregnancy Yoga			
20:00	<b>Steve</b>		<b>Steve</b>	<b>Sarah Louise</b>			
20:15	07770 945416		07770 945416	<b>Craig</b>			
20:30				07581 027469			
20:45							

For 1:1 and private sessions, call Steve 07770 945416 or Carlin 07860 266240 to discuss

All Zoom 'virtual' classes are **£10.00 per session**.  
 Blocks already purchased can be used for the above Zoom classes - please speak to your teacher.  
 Please see website for more information on booking and streaming procedure.

2a Friday Street, Henley-on-Thames RG9 1AH

