



Top Studio Sessions

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Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am		Pilates Janica Rekola				Group Exercise Peter Smith	
8.45am	Buddhist Meditation. Andy Spragg	Somatics Sarah Guest	Boxercise TBA	Yoga Rachael Salter	Group Exercise Fiona Pascall	Somatics Sarah Guest	
10.00am	Pilates Fiona Pascall	Yoga (Beginners) Bev Alderson	Vinyasa Yoga Steph Leitner	Yoga Jenny Langlands	Pilates Fiona Pascall	Beginners Yoga Steph Leitner	Hatha Yoga Lea-Ann Furphy
11.15am	Pilates Fiona Pascall	Hatha Yoga Bev Alderson	(90 Minutes)	Yoga Nidra Lea-Ann Furphy	Group Exercise Fiona Pascall	Hatha Yoga Steph Leitner	Hatha Yoga Lea-Ann Furphy
12.30pm	Yoga Rachael Salter	Pilates Dianne Trower	Ashtanga Yoga (From 5th Dec) Imogen Mansfield	Play Sarah Guest	Pilates Fiona Pascall	Tai Chi & Qi Gong Andy Spragg	Boxercise TBA
1.45pm	Pure Stretch (From 3rd Dec) Dianne Trower	Somatics Sarah Guest	Boxercise TBA	Somatics Sarah Guest	Somatics Sarah Guest	Workshops and Courses	Pilates Samantha Arscott
3.00pm	Tai Chi Andy Spragg	Pilates Sarah Guest	Free Time	Tai Chi Andy Spragg	Somatics Sarah Guest		Bollywood Dance Avtar Panesar
4.15pm	Tai Chi Andy Spragg	Free Time	Circuits Caroline Pike	Tai Chi Andy Spragg	Qi Gong & Buddhist Meditation Andy Spragg		Tai Chi Andy Spragg
5.30pm	10X10 vs Play Sarah Guest	Hatha Yoga Lea-Ann Furphy	Kettlebells Peter Smith	Tai Chi Andy Spragg (Purple Sashes)	Boxercise TBA		Kundalini Yoga and Shakti Dance with Svetlana McGraw (90 Minutes)
6.45pm	Group Exercise Peter Smith	Hatha Yoga Steph Leitner	Group Exercise Peter Smith	Circuits Caroline Pike	Yoga Fusion Alix Coleby		
8.00pm	Hatha Yoga Jenny Langlands	Hatha Yoga Steph Leitner	Kundalini Yoga and Shakti Dance with Svetlana McGraw	Pranayama Lea-Ann Furphy			