Sangha House Physical Studio

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am							
8.45am							
10.00am	Yoga Bev Alderson			Yoga Morgan Lane	Pilates Fiona Pascal	Pilates Sam Arscott	Yoga Power Flow Patricia Chui
11:00 Cleaning							
11.30am	Somatics Steven Leather			Nidra Lena Maughan	Pilates Fiona Pascal	Pilates Sam Arscott	Yoga Vinyassa Patricia Chui
12.30pm Cleaning							
1.00pm	Tai Chi Andy Spragg			Tai Chi Andy Spragg	Creative Movement Patricia Chiu	Tai Chi Andy Spragg	
2:00pm Cleaning							
2.30pm	Prana Yoga Nidra Nicola Walter			Yoga Bev Alderson	Yoga Nicola Walter	Yoga Morgan Lane	
3:30pm Cleaning							
4.00pm	Yoga Bev Alderson			Somatics Sarah Guest		Kundalini Svetlana McGraw	
5:00pm Cleaning							
5.30pm	Exercise Dorian Bass-White			Kettle Bells Dorian Bass-White	Yoga Fusion Alix Coleby	Tai Chi (Advanced) Andy Spragg	