

# Wellness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1:1 Yoga and Pilates Sessions</b> Available on request every day!					
	5.30 – 6.45 p.m. <b>Dynamic Yoga</b> (Henrietta)	5.30 – 6.30 p.m. ‘Wild Card’ Class ?	5.30 – 6.30 p.m. <b>Pilates</b> (Shefa)		10.00 – 11.15 a.m. <b>Vinyasa Yoga</b> (Sevda)
6.45 – 7.45 p.m. <b>Pilates</b> (Shefa)	6.45 – 8.00 p.m. <b>Yin Yoga</b> (Alastair)				11.30 a.m. – 12.30 p.m. <b>Pilates</b> (Shefa)