

Wellness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:1 Yoga and Pilates Sessions Available on request! For bookings please call 633060					
5.30 – 6.30 p.m. Movement Therapy Class (Beniamin) For bookings please call 633060	5.30 – 6.45 p.m. Embodied Resilience Yoga (Henrietta) For bookings please call 633060	5.30 – 6.30 p.m. Movement Therapy Class (Beniamin) For bookings please call 633060	5.30 – 6.30 p.m. Pilates Class (Shefa) For bookings please call 633060		10.30 a.m. – 11.30 p.m. Pilates Class (Shefa) For bookings please call 633060
	6.45 – 8.15 p.m. Yin Yoga (Alastair) For bookings please call 07700 725357		6.45 – 8.00 p.m. Restorative Hatha Yoga (Yoga & Mindfulness) (Anne) For bookings please call 633060		