



Yoga Oasis

YOGA CLASS TIMETABLE

BOOKING ESSENTIAL

MONDAY

9:30 - 10:30 Yoga
12:00 - 12:45 Lunchtime Yoga
18:00 - 19:00 Yoga For Strength
19:15 - 20:15 Restorative Yoga

TUESDAY

10:00 - 11:00 Beginners Yoga
14:00 - 15:00 Ladies only Yoga
18:00 - 19:00 Pilates
19:15 - 20:15 Yoga
20:30 - 21:00 Relax & Breathe

WEDNESDAY

12:00 - 12:45 Lunchtime Yoga
18:00 - 19:00 Pregnancy Yoga
19:15 - 20:15 Slow Flow & Yoga Nidra

THURSDAY

10:00 - 11:00 Yoga
11:15 - 12:15 Pilates
18:00 - 19:00 Yoga
19:15 - 18:15 Yoga
20:30 - 21:00 Relax & Breathe

FRIDAY

9:15 - 10:15 Yoga
14:00 - 15:00 Yoga
16:30 - 17:30 Kids Yoga

SATURDAY

10:00 - 11:00 Yoga
11:15 - 12:15 Yoga

SUNDAY

10:00 - 11:00 Slow Flow