



# January

## *Class Schedule*

### Monday

9.45-11.15 AM	Smooth and Steady Yoga with Rocci - Pay what you can
6-7 PM	Pre and Post-Natal Yoga with Rocci
7-8 PM	De-stress and Re-set Teen Yoga with Mary
7.30-9 PM	Calm and Considerate Yoga With Rocci

### Tuesday

1:30-2:30 PM	Chair Yoga with Mary
6-7.30 PM	Flow and Therapy Yoga with Natasha
7-8:15 PM	Tai Chi with Ian
8-9.30 PM	Yin Yoga with Natasha

### Wednesday

6-7 PM	Pilates with Olivia
8-9.30 PM	Revive and Relax Yoga with Mary
NB This class is held at Pages Park Pavilion	

### Thursday

7.30-9 PM	Relaxed Flow Thursday Yoga with Angela
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### Friday

10-11.30 AM	Flow and Therapy Yoga with Natasha
12-1 PM	Pilates with Olivia

### Saturday

9.30-11 AM	Relaxed Flow Yoga with Angela
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### Sunday

9.30-11 AM	Sunday Best Yoga - Pay what you can
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To book or for more information go to  
[www.theroccitree.co.uk](http://www.theroccitree.co.uk)





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