



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

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

Sunday

9.30-11 AM Sunday Best Yoga - Pay what you can

To book or for more information go to
www.theroccitree.co.uk



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