



# APRIL

## *Class Schedule*

### **Monday**

- 9.45-11.15 AM Smooth and Steady Yoga with Rocci - Pay what you can  
6-7 PM De-stress and Re-set Teen Yoga with Mary  
7.30-9 PM Calm and Connect 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**

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

### **Thursday**

- 6-7 PM Pregnancy and Post-Natal Yoga with Rocci  
7:30-9:30 PM Relaxed Flow Yoga with Angela

### **Friday**

- 10-11.30 AM Flow and Therapy Yoga with Natasha

### **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](http://www.theroccitree.co.uk)