



# May

## Class Schedule

### Monday

9.45-11.15 AM Smooth and Steady Yoga with Rocci  
 6-7 PM Pre and Post-Natal Yoga with Rocci  
 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  
 8-9.30 PM Yin Yoga with Natasha

### Wednesday

6:30-7:30 PM Tai Chi with Ian  
 8-9.30 PM Revive and Relax Yoga with Mary  
 NB This class is held at Pages Park Pavilion

### Thursday

6-7 PM Pilates with Gem  
 7.30-9 PM Relaxed Flow Thursday 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)

