

October

Monday

9.45-11.15 AM Smooth and Steady Yoga with Rocci - Pay what you can
 6-7 PM Pilates with Olivia (Upstairs Studio)
 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

7.30-9PM Relaxed Flow 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

