



November

Class Schedule

Monday

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

- 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