THE ROCCI TREE

# Class Schedule

# NOVEMBER

## 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

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|---|---|
| 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

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

## Thursday

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|---|---|
| 7.30-9PM | Relaxed Flow Yoga with Angela |

## Friday

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|---|---|
| 10-11.30 AM | Flow and Therapy Yoga with Natasha |
| 12-1 PM | Pilates with Olivia |

## Saturday

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|---|---|
| 9.30-11 AM | Relaxed Flow Yoga with Angela |

## Sunday

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

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

10 Years
THE ROCCI TREE
Pause, Breathe, Repeat