



Monday

-   09:45-11:15 Restorative & Alignment (The Forster Institute- Downstairs)
-  18:00-19:15 Pregnancy & Yoga Drop-in (The Forster Institute- Upstairs)
-  19:30-21:00 Alignment & Strengthening (The Forster Institute- Upstairs)

Tuesday

-  09:30-10:15 Tatty Bumpkin*** (The Forster Institute- Upstairs)
-  10:30-11:15 Tatty Bumpkin - Explorers *** (The Forster Institute- Upstairs)
-  10:30-11:15 Baby + Yoga (The Forster Institute- Downstairs)
-  11:30-12:30 Early Days Wellness for Mum & Baby (The Forster Institute- Downstairs)
-  12:45-13:45 Late Days Pregnancy & Birth Preparation (The Forster Institute- Downstairs)
-  18:00-19:15 Flow & Therapy (The Forster Institute- Upstairs)
-  19:30-21:00 Flow & Therapy (The Forster Institute- Upstairs)








Wednesday

-  09:30-10:30 Pilates (The Forster Institute- Downstairs)
-  20:00-21:30 Restorative & Alignment (Trinity Methodist Church, North St)



Thursday

-  13:30-14:45 Breath & Flow (The Forster Institute- Downstairs)
-   19:00-21:30 Pregnancy Yoga Course (The Forster Institute - Upstairs)*
-  19:30-21:00 Breath & Flow (The Forster Institute- Downstairs)



Friday

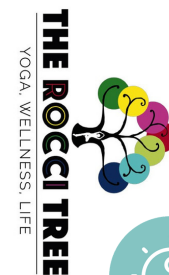
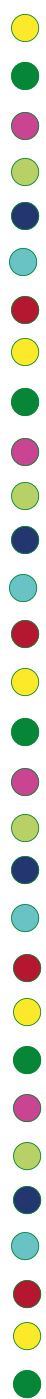
-   06:00-07:00 Energising & Flow (The Forster Institute- Downstairs)
-   10:00-11:30 Flow & Therapy (The Forster Institute- Downstairs)
-  13:30-14:30 Mum + Baby + Yoga (Postnatal) (The Forster Institute- Upstairs)
-  15:45-16:45 Kids Yoga - Lower School (The Forster Institute)
-  17:00-18:00 Yoga & Kids - Middle School (The Forster Institute- Downstairs)

Saturday

-  08:00-09:30 Flow & Strengthen & Restore (The Forster Institute- Upstairs)
-  10:00-13:00 - Specialised Courses** (The Forster Institute)

Sunday

-  09:30-11:00 Sunday Best (The Forster Institute- Upstairs)
-  10:30-12:00 Sukha Sunday - Specialised workshops & Events** (The Forster Institute)



Daytime



Mum & Baby



Pregnancy



Specialist Classes & Courses



Workshops, Courses & Special Events



Yoga Kids



Anytime

Class Timetable 2018

*8 Week course - please pre-book online

**Please check website for more details

*** Please visit <http://portal.tattybumpkin.com> to book your space