




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)
-  13:00-14:15 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 Flow + Strengthen + Restore
(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

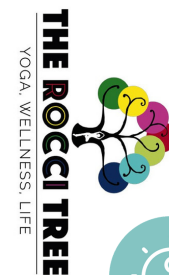
-   06:00-07:00 Energising & Flow
(The Forster Institute- Downstairs)
-   10:00-11:30 Flow & Therapy
(The Forster Institute- Downstairs)
-  13:30-14:30 Mum + Baby + Yoga (Postnatal)
(The Forster Institute- Upstairs)
-  16:00-16:55 Kids Yoga - Lower School
(The Forster Institute)
-  17:00-18:00 Yoga & Kids - Middle School
(The Forster Institute- Downstairs)

Saturday

-  08:00-09:30 Flow & Strengthen & Restore
(The Forster Institute- Upstairs)
-  09:30-12:30 - Specialised Courses**
(The Forster Institute)

Sunday

-  09:30-11:00 Sunday Best
(The Forster Institute- Upstairs)
-  Sukha Sunday - (Yoga Rocs, Specialised Workshop, Dad & Baby Massage or Family Yoga)- See 'Workshops & Events' PDF on our website for more details - times may vary



Daytime



Mum & Baby



Pregnancy



Specialist
Classes & Courses



Workshops, Courses
& Special Events



Yoga Kids



Anytime

Class Timetable 2019

*8 Week course - please pre-book online

**Please check website for more details

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