

MONDAY OCTOBER 7TH

09:30 Yoga Social

Active Yang followed by calming Yin, then refreshments & chat! Suitable for all. *With Nat*

15:00 Iyengar Yoga

A new class with expert instructor *Charlie*

17:45 Yoga - Beginner & Beyond

For those new to Yoga, those who prefer a slower pace or those working on deepening their practice. *With Nat*

18:45 Yoga - Yin Yoga

Suitable for all. A deeply restorative and meditative class. Great for mobility, managing stress and anxiety. *With Nat*

20:45 Yoga - Mens Mobility

Men's Mobility focuses on flexibility, strength, & movement techniques to enhance physical performance & reduce injury. *With Nat*

TUESDAY OCTOBER 8TH

09:30 Gentle Pilates

Mindful Pilates for older adults to enhance joint mobility, strength, and balance. Ideal for joint restrictions. *With Gitte*

17:45 Pilates Fundamentals Plus

A foundational Pilates class focusing on breath, alignment, and mindful movement. Suitable for all levels. *With Gitte*

WEDNESDAY OCTOBER 9TH

18:00 Yoga - Beginner & Beyond

For those new to Yoga, those who prefer a slower pace or those working on deepening their practice. *With Nat*

THURSDAY OCTOBER 10TH

09:30 Pilates - Pelvic Floor Focus

Learn pelvic floor and core fundamentals through breath, relaxation, & anatomy guidance. Suitable for all levels, including beginners. *With Gitte*

FRIDAY OCTOBER 11TH

09:30 Yoga - Restorative

Suitable for all. a gentle class, blending flow and yin, for a refreshing, breath-focused weekly reset *With Nat*

10:30 Yin Yoga Social

Calming Yin class followed by refreshments & chat! Suitable for all. *With Nat*

13:00 Neurodiverse Parent Support Group

A new group supporting parents of children struggling with anxiety & Neurodiverse challenges *With Louise.*

SATURDAY OCTOBER 12TH

No Classes today

SUNDAY OCTOBER 13TH

17:30 Rest & Restore Movement & Sound

Join Nat for this monthly movement and sound session hosted at the studio. 90 minutes dedicated to you! *With Nat*