

**MONDAY OCTOBER 14TH**

**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 15TH**

**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 16TH**

**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*

**19:00 Yoga for Anxiety**

Understand anxiety's physical effects and manage it through breath, movement, and meditation. *With Nat*

**THURSDAY OCTOBER 17TH**

**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 18TH**

**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*

**18:00 Sound Bath with Luna Flow**

60 minutes of restorative sound healing with Jessika from *The Luna Flow*.

**SATURDAY OCTOBER 19TH**

**No Classes Today**

**SUNDAY OCTOBER 20TH**

**No Classes Today**