



## MONDAY

17.30 - 18.30 Vinyasa with Quentin

## TUESDAY

6.30 - 7.45: Vinyasa with Emmanuel

17.30 - 18.45: Yin and Yang + a healing sound bath with Raheema

## WINS!DAY

6.00 - 7.00: start to yoga + meditation with Emma

this class is complimentary if you are new to yoga - for up to 8 weeks

## THURSDAY

17.30 - 18.30: Hatha with Quentin

## FRIDAY

starting the 9<sup>th</sup> of May: 18.30 - 19.45 Vinyasa with Pasco

## SATURDAY

resuming the 10<sup>th</sup> of May: 17.15 - 18.15: Vinyasa with Quentin

POP UP SPECIAL:

17 May: 10.00 - 11.00 free  
community class with Nafe

YO ki GA li

may-ish

schedule