

POWERYOGA TIMETABLE OF CLASSES – August 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

(St P Park)

10.45 – 12.15 PM

Power Yoga Flow

(Intermediate level)

Drop in's OK

(St P Park)

(St P Park)

(St P Park)

6.00 – 7.15 PM
Therapeutic Yoga
(All levels)

Drop in's OK

6.00 – 7.15 PM
SunPower Yoga
(All levels)

Drop in's OK
(St P Park)

6.00 – 7.15 PM
Therapeutic Yoga
(All levels)

Drop in's OK

7.30 – 8.45 PM
'Yin & Tonic' –
Restorative Yoga
(All levels)
Drop in's OK



'Drop-In' classes at St Pierre Park : (£10 per class or vouchers)

For further information on these classes or private classes – e-mail Caroline at poweryoga@cwgsy.net