

POWERYOGA TIMETABLE OF CLASSES – June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	(Beach Studio)		(Beach Studio)		(St P Park)
	9.30 – 11.00 AM <u>Therapeutic Yoga</u> (All levels)		9.30 – 11.00 AM <u>Therapeutic Yoga</u> (All levels)		10.45 – 12.15 PM <u>Power Yoga Flow</u>
	PLEASE BOOK		PLEASE BOOK		(Intermediate level) Drop in's OK
<u>(Cobo CC)</u>	(St P Park)	(St P Park)	(St P Park)		
6.15 – 7.30 PM <u>Budokon Yoga</u> (Intermediate)	6.00 – 7.15 PM <u>Therapeutic Yoga</u> (All levels)	6.00 – 7.15 PM <u>SunPower Yoga</u> (All levels)	6.00 – 7.15 PM <u>Therapeutic Yoga</u> (All levels)		
Drop in's OK	Drop in's OK	Drop in's OK (St P Park)	Drop in's OK		
		7.30 – 8.45 PM <u>'Yin & Tonic' –</u> <u>Restorative Yoga</u> (All levels) Drop in's OK			



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

Limited spaces for 'PLEASE BOOK' classes – e-mail Caroline in advance at poweryoga@cwgsy.net