

POWERYOGA TIMETABLE OF CLASSES – October 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

(St P Park)

10.45 – 12.15 PM

SunPower Yoga

(Intermediate level)

Drop in's OK

Please note:

9 Oct – no class

(Les Beaucamps)

6.00 – 7.30 PM

Zen Body / Zen
Mind

(Intermediate)

****Please book****

Please note:

10 Oct – no class

(St P Park)

6.00 – 7.15 PM

Therapeutic Yoga
(All levels)

****Please book****

Please note:

11 Oct – no class

(St P Park)

6.00 – 7.15 PM

Therapeutic Yoga
(All levels)

****Please book****

(St P Park)

6.00 – 7.15 PM

SunPower Yoga
(All levels)

Drop in's OK
(St P Park)

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