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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  | **9.30 – 10.30am**  **Private Lessons** available  At  Quex Barn, Birchington  ***£20 special offe*r** for  One to One |  | **8.30am -9.30am**  ***YogawithaBall***  Core Strengthening  Yoga using a small Yoga/Pilates Ball  Parkminster Minster Abbey  £7 |  |  |
|  |  | **10.45 – 11am**  ***Morning Yoga*** Gentle stretching, increasing strength & mobility, ending with a short relaxation.  at  Quex Barn  Birchington £7 |  | **10am – 11am**  **Private Lessons** available  At  Minster Abbey  ***£20 special offe*r** for  One to One |  |  |
| **6pm -7.15pm**  ***Gentle Yoga for beginners***  Ending with a relaxation  At  Cliffsend Village Hall. Ramsgate. | **6.10 – 7.20pm**  ***Gentle Yoga and relaxation for all*** levels  WEEKLY  £6.00  At  Old Schools Hall  Minster |  | **6pm – 7pm**  ***Men on Mats***  Starting soon  Birchington Village Hall  **MEN ONLY Booking though**  **Ageless Thanet** |  |  |  |
|  | **7.30 – 8.30pm**  ***Power Yoga***  For more of a challenging practice  £7.00  Old Schools Hall  Minster |  |  |  |  |  |