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