

Weekly Classes & Events Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9.30 – 10.30am Private Lessons available At Quex Barn, Birchington £20 special offer 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 offer for One to One		
6pm -7.15pm Gentle Yoga for beginners Ending with a relaxation At Clifsend 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					