



The Sangha House

Weekly Timetable

Monday

9.30 Vinyasa Yoga with Lena
12.00 Meditation with Andy
12.30 Vinyasa Yoga with Amber
2.30 Tai Chi (Intermediate) with Andy
4.00 Pilates with Emily
5.30 Exercise with Dileep
6.30 Vinyasa Yoga with Amber

Tuesday

9.30 Morning Yoga with Steph
11.00 Hatha Yoga with Steph
1.30 Pilates with Emily
6.15 Yoga with Bev

Wednesday

9.30 Yoga (Strength & Conditioning)
with Sarah
11.00 Yin Yoga with Sarah
12.30 Lunchtime Yoga with Steph
2.00 Soma Yoga with Steph
5.30 Kettlebells with Dileep

Thursday

9.30 Yoga with Carolyn
11.00am Yoga Nidra with Bev
12.00 Meditation with Andy
2.30 Tai Chi (Intermediate) with Andy
5.00pm Exercise with Dileep

Friday

9.30 Pilates with Emily
11.00 Pilates Circuits with Emily
12.30 Vinyasa Yoga with Amber
2.00 Yin Yoga with Amber

Saturday

9.30 Pilates with Emily
10.30 Tai Chi (Beginners) with Andy
12.00 Fitstep with Sarah
1.30 Tai Chi (Advanced) with Andy

Sunday

9.30 Yoga Flow with Steph
11.00 Easy Like Sunday Morning Yoga
with Steph
12.00 Tai Chi (Beginners) with Andy