



The Sangha House

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## 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 Fitstep with Sarah
- 11.00 Healthy Hearts 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
- 12.30 Tai Chi (Beginners) with Andy