

WEEKLY SCHEDULE

	8am	9am	3.30pm
<i>Monday</i>	Beginner Yoga	Beginner Chakra Meditation	Macramé
<i>Tuesday</i>	Balance	PANGAIA Yoga	Painting
<i>Wednesday</i>	Yin Yoga	Back & Posture	Basket Weaving
<i>Thursday</i>	Nidra Yoga Social Padel (8am-10am)	PANGAIA Pilates	Aroma Therapy
<i>Friday</i>	Hatha Yoga	Dynamic Meditation	Mandala
<i>Saturday</i>	Stretching	Beginner Vinyasa	PANGAIA Sound Healing
<i>Sunday</i>	Tai Chi	Dance Yoga	Self Massage

Ask our team at Reception for more details.