BATH YOGA STUDIO

# June

BATH YOGA STUDIO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | 3 |
| | | | | 09.30 - 10.30 Forrest Inspired Yoga | 08.00 - 09.00 Inferno Hot Pilates | 10.00 - 11.10 Gentle Yoga (B) |
| | | | | 18.00 - 19.00 Gentle Yoga & Yoga Nidra (B) | 09.30 - 10.30 Hot Yoga | 17.00 - 18.15 Flow Yoga |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10.00 - 11.00 Hatha Yoga (B) | 10.00 - 11.00 Hot Yoga | 09.30 - 10.30 Gentle Yoga (B) | 09.30 - 10.30 Hot Yoga | 09.30 - 10.30 Forrest Inspired Yoga | 08.00 - 09.00 Inferno Hot Pilates | 10.00 - 11.10 Gentle Yoga (B) |
| 17.30 - 18.40 Hatha Yoga (B) | 18.15 - 19.15 Hot Yoga | 18.15 - 19.15 Flow & Restore | 10.50 - 12.00 Hatha Yoga (B) | 18.00 - 19.00 Gentle Yoga & Yoga Nidra (B) | 09.30 - 10.30 Hot Yoga | 17.00 - 18.15 Flow Yoga |
| 19.00 - 20.15 Power Yoga | 19.30 - 20.45 Reset & Revive | 19.30 - 20.30 Hot Forrest Yoga | 19.00 - 20.00 Hot Yoga | | | |
| | | | 20.15 - 21.15 Gentle Hot Yoga (B) | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 10.00 - 11.00 Hatha Yoga (B) | 10.00 - 11.00 Hot Yoga | 09.30 - 10.30 Gentle Yoga (B) | 09.30 - 10.30 Hot Yoga | 07.10 - 08.10 Charity by Donation Class Hatha Yoga (B) | 08.00 - 09.00 Inferno Hot Pilates | 10.00 - 11.10 Gentle Yoga (B) |
| 17.30 - 18.40 Hatha Yoga (B) | 18.15 - 19.15 Hot Yoga | 18.15 - 19.15 Flow & Restore | 10.50 - 12.00 Hatha Yoga (B) | 09.30 - 10.30 Forrest Inspired Yoga | 09.30 - 10.30 Hot Yoga | 14.30 - 16.00 FREE: Healing Talk with Merry Taylor |
| 19.00 - 20.15 Power Yoga | 19.30 - 20.45 Reset & Revive | 19.30 - 20.30 Hot Forrest Yoga | 19.00 - 20.00 Hot Yoga | 18.00 - 19.00 Gentle Yoga & Yoga Nidra (B) | 13.00 - 17.00 WORKSHOP: Natural Stress & Tension Release with Deborah Maddison | 17.00 - 18.15 Flow Yoga |
| | | | 20.15 - 21.15 Gentle Hot Yoga (B) | | | 18.45 - 20.00 Restorative Yoga (B) |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 10.00 - 11.00 Hatha Yoga (B) | 10.00 - 11.00 Hot Yoga | 09.30 - 10.30 Gentle Yoga (B) | 09.30 - 10.30 Hot Yoga | 07.10 - 08.10 Charity by Donation Class Hatha Yoga (B) | 09.30 - 10.30 Hot Yoga | 10.00 - 11.10 Gentle Yoga (B) |
| 17.30 - 18.40 Hatha Yoga (B) | 18.15 - 19.15 Hot Yoga | 18.15 - 19.15 Flow & Restore | 10.50 - 12.00 Hatha Yoga (B) | 09.30 - 10.30 Forrest Inspired Yoga | 12.15 - 14.15 WORKSHOP: Acupuncture & Yoga - Love & Boundaries with Joanne Cone | 17.00 - 18.15 Flow Yoga |
| 19.00 - 20.15 Power Yoga | 19.30 - 20.45 Reset & Revive | 19.30 - 20.30 Hot Forrest Yoga | 19.00 - 20.00 Hot Yoga | 18.00 - 19.00 Gentle Yoga & Yoga Nidra (B) | | |
| | | | 20.15 - 21.15 Gentle Hot Yoga (B) | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | July 1 |
| 10.00 - 11.00 Hatha Yoga (B) | 10.00 - 11.00 Hot Yoga | 09.30 - 10.30 Gentle Yoga (B) | 09.30 - 10.30 Hot Yoga | 09.30 - 10.30 Forrest Inspired Yoga | 08.00 - 09.00 Inferno Hot Pilates | 10.00 - 11.10 Gentle Yoga (B) |
| 17.30 - 18.40 Hatha Yoga (B) | 18.15 - 19.15 Hot Yoga | 18.15 - 19.15 Flow & Restore | 10.50 - 12.00 Hatha Yoga (B) | 18.00 - 19.00 Gentle Yoga & Yoga Nidra (B) | 09.30 - 10.30 Hot Yoga | 17.00 - 18.15 Flow Yoga |
| 19.00 - 20.15 Power Yoga | 19.30 - 20.45 Reset & Revive | 19.30 - 20.30 Hot Forrest Yoga | 17.30 - 18.30 Charity by Donation Class Hatha Yoga (B) | | 12.15 - 13.15 Charity by Donation Class Hatha Yoga (B) | |
| | | | 19.00 - 20.00 Hot Yoga | | | |
| | | | 20.15 - 21.15 Gentle Yoga (B) | | | |

Unless indicated otherwise, all classes are suitable for beginners. Classes marked with (B) are especially suitable for beginners and courses are indicated with (C).