



Studio Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Sunrise flow 7-745am Christie			Sunrise Flow 7-745am Christie			
		Gentle Flow 930-1030am Marta	Yin Yang 930-1045am Christie	Pilates 930-1030am Elissa	Vinyasa Flow 930-1045am Christie	Ashtanga 845-10am Chris	Kundalini Yoga 10-11am Lindsay (2nd Sun of the month only)
		Qi Gong 1130am-1230pm Barbara				Pregnancy Yoga 1030-1130am Chris	Iyengar Yoga 10-1115am Helen (3rd Sunday of the month only)
PM	Yin Yoga 130-230pm Marta					Workshops	Workshops
	Power Flow 530-630 pm Christie	Vinyasa Flow 5-615pm Christie	Pilates 6-7pm Elissa				
	Beginner 6 week Course 7-8pm	Vinyasa Flow 630-745pm Christie	Restorative Yoga 630-8pm Linden Hall Christie	Yin Yoga 630-730pm Christie	Vinyasa Flow 630-745pm Marta		
			Ashtanga 715-830pm Chris	Restorative Yoga 745-915pm Christie			

Book Yoga now at christieharleyyoga.com or by calling **07725 032 349**.

Call Barbara on 01670 611225 for Qi Gong.

Call or message Elissa on 07802937281/ elissah34@gmail.com for Pilates.

Please note from Tuesday 4th June until Tuesday 2nd July Gentle Flow will be replaced by parent and child Yoga, and Qi Gong will move to the later time of 1230pm. It will return to the above timetable 9th July 2019.