

2012 Yoga Class Schedule

CLASSES IN BLUE ARE AT CHELTENHAM YOGA STUDIO

CLASSES IN GREEN ARE AT CHELTENHAM YOGA ST ANDREWS

CLASSES IN ORANGE ARE IN TEWKESBURY

MONDAY	10AM – 11.15AM	MIXED ABILITY YOGA WITH LINDA SHARP (for further information please contact Linda on 07776 234587 or email linda@asharp.me.uk)
	4PM – 5.15PM	YOGA FOR M.E./C.F.S WITH CHANTAL
	6PM – 7.15PM	GENTLE YOGA WITH CHANTAL
	6PM – 7.15PM	MIXED ABILITY YOGA WITH GARETH
	7.30PM – 8.45PM	IMPROVERS YOGA WITH GARETH
	7.30PM – 8.45PM	BEGINNERS 1 YOGA WITH CHANTAL
TUESDAY	10AM - 11.15AM	MIXED ABILITY YOGA WITH CHANTAL
	12.10PM – 12.50PM	LUNCHTIME YOGA WITH CHANTAL
	1.10PM – 1.50PM	LUNCHTIME YOGA WITH CHANTAL
	6PM – 7.15PM	BEGINNERS 1 YOGA WITH CHANTAL
	6PM – 7.15PM	MIXED ABILITY YOGA WITH GARETH
	7.30PM – 8.45PM	MIXED ABILITY YOGA WITH GARETH
	7.30PM – 8.45PM	BEGINNERS 2 YOGA WITH CHANTAL
WEDNESDAY	10AM - 11.15AM	MIXED ABILITY YOGA WITH CHANTAL
	6PM – 7.15PM	YOGA AND RELAXATION WITH CHANTAL
	6.15PM – 7.30PM	MIXED ABILITY YOGA WITH GARETH
	7.45PM – 9PM	MIXED ABILITY YOGA WITH GARETH
	7.30PM – 8.45PM	MIXED ABILITY YOGA WITH CHANTAL
THURSDAY	10AM - 11.15AM	MIXED ABILITY YOGA
	12.10PM – 12.50PM	LUNCHTIME YOGA
	6PM – 7.15PM	MIXED ABILITY YOGA WITH GARETH AND CHANTAL
	7.30PM – 8.45PM	MIXED ABILITY YOGA WITH GARETH AND CHANTAL
FRIDAY	10AM - 11.15AM	MIXED ABILITY YOGA WITH GARETH AND CHANTAL
	12.10PM – 12.50PM	LUNCHTIME YOGA WITH GARETH