

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10.00	Hatha Yoga <i>10-11.30</i> Michelle Cheesbrough	Chair Yoga <i>10-11.30</i> Pam Byron	Hatha Yoga <i>10-11.30</i> Michelle Cheesbrough	Hatha Yoga <i>10-11.30</i> Michelle Cheesbrough	Meditation <i>10-11.00</i> Pam Byron
11.00	Lunchtime				Dynamic Yoga
12.00	Calm ~ Relaxation <i>12-12.45</i> Pam Byron		Hatha Yoga <i>12-13.30</i> Michelle Cheesbrough		<i>11.30-12.30</i> Mel Davenport
13.00				Parent & Toddler <i>13.30-14.30</i> Katie Fielder	Dynamic Yoga <i>13-14.00</i> Mel Davenport
14.00		Mother & Baby <i>14-15.00</i> Jenny Mercer	Pregnancy Yoga <i>14-15.00</i> Jenny Mercer		
16.00				Children's Yoga 4-7 years old <i>16-17.15</i> Katie Fielder	
17.00				Children's Yoga 8-12 years old <i>17.15-18.30</i> Katie Fielder	
18.00	Beginners Yoga <i>18-19.30</i> Michelle Cheesbrough	Teenagers <i>18-19.15</i> Michelle Cheesbrough	Hatha Yoga <i>18-19.30</i> Michelle Cheesbrough	Meditation <i>18.45-19.45</i> Jenny Mercer	
19.00		Hatha Yoga <i>19.30-21.00</i> Michelle Cheesbrough		Beginners Yoga <i>20-21.15</i> Deb Beaumont	

Start Dates: All classes run from 16 April except: Pam Byron's starting 23 April; Deb Beaumont's 26 April; Jenny Mercer Thrs Meditation starting 10 May; Jenny Mercer Tues Mother & Baby and Weds Pregnancy starting 12/13 June.

Schedule Runs to 20 July 2012.

Breaks: Closed Mon 7 May. Schedule suspended 1 week from 4 June & 2 weeks from 23 July. See web for Activities during Breaks and any minor changes to schedule.