

YOGA GLOW STUDIO, BECCLES : YOGA CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hatha Yoga 10.00-11.30 Michelle Cheesbrough	Chair Yoga 10.00-11.30 Pam Byron	Hatha Yoga 10.00-11.30 Michelle Cheesbrough	Hatha Yoga 10.00-11.30 Michelle Cheesbrough	Meditation 10.00-11.00 Pam Byron
Simple Yoga 12.00-13.00 Pam Byron		Hatha Yoga 12.00-13.30 Michelle Cheesbrough		Dynamic Yoga 11.30-12.30 Mel Davenport
	Gentle Yoga for those touched by Cancer 13.30-15.00 Jan Lacey	Reduce Anxiety & Stress 14.00-15.30 Jenny Mercer		Carolyn Wood is available for Ayurveda Therapy 1-to-1 appointments, Fri pm & Sat am
Beginners Yoga 18.00-19.15 Suzie Lacey	Yoga for Teenagers 18.00-19.15 Michelle Cheesbrough	Hatha Yoga 18.00-19.30 Michelle Cheesbrough	Meditation for Beginners 18.00-19.00 Jenny Mercer	
	Hatha Yoga 19.30-21.00 Michelle Cheesbrough		Beginners Yoga 19.30-21.00 Deb Beaumont	
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Yoga Glow Studio, 4 The Walk, Beccles, Suffolk, NR34 9AJ. Telephone 07958 203 357