

## YOGA GLOW STUDIO, BECCLES : YOGA CLASS SCHEDULE

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Hatha Yoga</b> 10.00-11.30 Michelle Cheesbrough	<b>Gentle Restorative Yoga</b> 10.00-11.30 Jenny Mercer	<b>Hatha Yoga</b> 10.00-11.30 Michelle Cheesbrough	<b>Hatha Yoga</b> 10.00-11.30 Michelle Cheesbrough	
		<b>Hatha Yoga</b> 12.00-1.30 Michelle Cheesbrough	<b>Chair Yoga</b> 11.45-13.15 Jenny Mercer	
				Carolyn Wood is available for Ayurveda Therapy 1-to-1 appointments, Fri pm & Sat am
	<b>Yoga for Teenagers</b> 6.00-7.15 Michelle Cheesbrough	<b>Hatha Yoga</b> 6.00-7.30 Michelle Cheesbrough	<b>Meditation for Beginners</b> 5.00-6.00 Jenny Mercer	<b>Saturday morning Beginners Yoga</b> 9.30-10.30 Suzie Lacey
<b>Beginners Yoga</b> 7.00-8.30 Suzie Lacey	<b>Hatha Yoga</b> 7.30-9.00 Michelle Cheesbrough		<b>Beginners Yoga</b> 7.30-9.00 Deb Beaumont	
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Yoga Glow Studio, 4 The Walk, Beccles, Suffolk, NR34 9AJ. Telephone 07958 203 357