



WASING

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Please enquire for private and corporate booking availability.				
<b>7.30-8.30am</b>		Yoga	Yoga	Yoga	
<b>8.30-9.30am</b>	Hatha Flow (Term Time)				Hatha Flow (Term Time)
<b>9.30-10.45am</b>	Hatha Flow	Yoga Circuits		Hatha Flow	Yoga Basics
<b>11.00-12.15pm</b>	Pregnancy Yoga				
<b>6.30-7.45pm</b>	Hatha Flow	Yoga		Embodied Movement	*Scheduled Workshops
<b>7.50-8.50pm</b>	*Beginners Courses & Wellness Coaching	Relax & Restore		Gentle Yoga & Meditation	

\*Stay informed on dates for courses and events by emailing [wellbeing@wasing.co.uk](mailto:wellbeing@wasing.co.uk)