

Yoga, Tai Chi, Meditation, Pilates

Harbour House, Spring Term 2012

Monday

HATHA YOGA
4.30 - 6 pm
& 6.30 - 8 pm
with Ann
AMRITA YOGA ROOM

HATHA YOGA
5.30 - 7 pm
with Leila
TAPAS YOGA ROOM

HATHA YOGA
5 - 6 pm
with Martina
SPANDA STUDIO

HATHA YOGA
beginners/
experienced
6.30 - 8 pm
with Lucie
SPANDA STUDIO

Tuesday

HATHA YOGA
beginners/
experienced
10 - 11.30 am
with Ann
TAPAS YOGA ROOM

ASHTANGA
beginners/
experienced
9.30 - 11.30 am
with Stephen
SPANDA STUDIO

ASHTANGA
beginners/
experienced
6.30 - 8.30 pm
with Stephen
TAPAS YOGA ROOM

YOGA FOR
PREGNANCY
6.30 - 8.30 pm
with leila
SPANDA STUDIO

Wednesday

YOGA
7 - 8 am
with Chloe
TAPAS YOGA ROOM

PILATES
9 - 10 am &
10.10 - 11.10 am &
11.20 am - 12.20 pm
with Jacqui
AMRITA YOGA ROOM

YOGA
& MEDITATION
10 - 11.45 am
with Leila
SPANDA STUDIO

MOTHER & BABY
YOGA
2 - 4 pm
(alt Weds)
with Leila
SPANDA STUDIO

PILATES
4.30 - 5.30 pm
& 5.50 - 6.50 pm
& 7 - 8 pm
with Jacqui
AMRITA YOGA ROOM

TAI CHI
7 - 9 pm
with Derek
SPANDA STUDIO

Thursday

PILATES
9 - 10 am
& 10 - 11 am
with Karen
AMRITA YOGA ROOM

HATHA YOGA
with some
experience
10 - 11.30 am
with Lucie
SPANDA STUDIO

MEDITATION
beginners
(by appointment only)
10 - 11 am
with Helen
MEDITATION ROOM

THERAPEUTIC
YOGA
10.15 - 11.45 am
with Liz
TAPAS YOGA ROOM

HATHA YOGA
5.30 - 7 pm
with Martina
TAPAS YOGA ROOM

MEDITATION
6.30 - 7.30 pm
with Helen
MEDITATION ROOM

YOGA
6.30 - 8 pm
with Chloe
SPANDA STUDIO

Friday

HATHA YOGA
10.15 - 11.45 am
with Alexis
SPANDA STUDIO

Sunday

KUNG FU
11 am - 12 noon
with Bill
SPANDA STUDIO

To join a class, please call:

Alexis - 01364 644418
Ann - 01548 856295
Bill - 01548 857521
Chloe - 07725 950955
Derek - 01548 843521
Helen - 01548 854028
Jacqui - 01803 865363
Karen - 07599 619914
Leila - 01548 854774
Lucie - 01803 732761
Martina - 01548 853216
Liz - 07800 771726
Stephen - 01548 550612

Would you like to be kept up to date with information on classes & events?

If so, please contact the office with your email address.

www.harbourhouse.org.uk