



Class Timetable

	CLASS	INSTRUCTOR
MONDAY	9.45 AM -10.45 AM YOGA WITH DEBS	Debs Albon 07790 367009
	12.15 PM – 1.30 PM YOGA	Ann Gowing 07400 610 250
	3 PM – 5 PM PRACTICAL PHILOSOPHY	David Willson (SES) 01243 936539
	6 PM – 7 PM GARUDA MATWORK	Andrea Lawson 07971 445 020
	7.15 PM – 8.15 PM BEGINNER/INTERMEDIATE PILATES	Aleks Ellis (Soul Balance Pilates) 07824 340214
	8.15 PM – 9.15 PM INTERMEDIATE/ADVANCED PILATES	Aleks Ellis (Soul Balance Pilates) 07824 340214
TUESDAY	7 AM – 8 AM SUNRISE YOGA SHALA	Emma Owen-Smith ♥
	8.45 AM – 9.45 AM PILATES MOVEMENT FUSION	Andrea Lawson 07971 445 020
	10 AM – 11 AM CHI BALL	Karen Ongley-Snook 07989 074 641
	11.30 – 12.30 PM EMPOWER PILATES	Rachel Williams 07793 650 986
	1.30 PM – 2 PM FREE MEDITATION	Green Door ♥
	2 PM – 3.30 PM HATHA YOGA WITH SOUND	Anita Howarth 07570 797 081
	4 PM – 5 PM ACTIVE AGEING PILATES	Helen MacDonald 07736 419 903
	6 PM – 7 PM INTERMEDIATE PILATES	Cheryl Bromley 07976 806 795
	7.15 PM – 8.15 PM MIXED PILATES	Cheryl Bromley 07976 806 795
	7 PM - 8.30 PM (FORTNIGHTLY) SOLENT MEN'S CIRCLE	Nigel Lancaster 07770 647 208

	CLASS	INSTRUCTOR
WEDNESDAY	9 AM - 10.00 AM MIXED PILATES	Rachael Bayliss 07704 720845
	10.15 AM – 11.15 AM MIXED PILATES	Rachael Bayliss 07704 720845
	9.30 AM – 10.30 AM NATURE BLAST (GREEN GYM)	Green Door ♥
	11.30 AM – 1 PM WONDER AND WISDOM CIRCLE	Green Door ♥ 01243 572109
	1.15 PM – 2.15 PM SINGING FOR WELLBEING	Ruth Routledge 07946 900543
	6.15 – 7.30 PM YOGA FOR ALL	Venetia Davidson 07808 162804
THURSDAY	6.00 AM – 8.00 AM SELF PRACTICE YOGA SHALA	Green Door ♥
	9 AM – 10.15 AM YOGA FOR ALL	Venetia Davidson 07808 162 804
	10.30 AM – 11.45 AM YOGA FOR ALL	Venetia Davidson 07808 162 804
	12.45 – 1.45 PM ACTIVE AGING PILATES	Helen MacDonald 07736 419 903
	1.45 – 4.15 PM PRACTICAL PHILOSOPHY	David Willson (SES) 01243 936539
	2 PM – 3.30 PM INNER LIGHT YOGA	Gonca 07718 967 614
	4.45 PM – 5.45 PM PILATES MOVEMENT FUSION	Andrea Lawson 079971 445 020
	6.00 PM – 7.15 PM YOGA WITH DEBS	Debs Albon 07790 367009
	7.30 – 9.30 PM BUDDHIST GROUP (BBG)	Tim Barrow 07502 488 556
	10 AM – MIDDAY CHAI AND LOVE CLUB	Green Door ♥
FRIDAY	1.30 – 2 PM FREE MEDITATION	Green Door ♥
	8.30 AM – 10 AM GREEN DOOR YOGA	Emma Owen-Smith ♥