

Summer Yoga Schedule



Week 1: Mon 30 Jun - Wed 2 Jul

Date	Time	Class	Location
Jun 30, 2025	1305 - 1355	Lunchtime Yin Yoga	Waterside Suite
Jul 1, 2025	1800 - 1900	Free Flow Yoga	Bowls Hall
Jul 2, 2025	0700 - 0745	Early Morning Flow Yoga	Waterside Suite
	1800 - 1900	Yin Yoga	Bowls Hall

Note: No yoga classes available from Thu 3 – Sun 20 July due to Instructor Holidays

Week 4: Mon 4 - Fri 8 Aug

Date	Time	Class	Location
Aug 4, 2025	1305 - 1355	Early Morning Flow Yoga	Waterside Suite
Jul 5, 2025	1700 - 1800	Free Flow Yoga	Bowls Hall
Aug 6, 2025	0700 - 0800	Flow Yoga	Waterside Suite
Aug 7, 2025	1305 - 1355	Lunchtime Yin Yoga	Waterside Suite
Aug 8, 2025	0915 - 1015	Yang-Yin Yoga	Multi Use

Week 2: Mon 21 Jul - Fri 25 Jul 14 Day Reboot

Date	Time	Class	Location
Jul 21, 2025	0700 - 0800	Early Morning Flow Yoga	Waterside Suite
	1305 - 1355	Lunchtime Yin Yoga	Waterside Suite
Jul 22, 2025	0700 - 0800	Early Morning Flow Yoga	Waterside Suite
	1700 - 1800	Free Flow Yoga	Bowls Hall
Jul 23, 2025	0700 - 0800	Flow Yoga	Waterside Suite
	1700 - 1800	Free Flow Yoga	Bowls Hall
Jul 24, 2025	0700 - 0800	Early Morning Flow Yoga	Waterside Suite
	1305 - 1355	Lunchtime Yin Yoga	Waterside Suite
Jul 25, 2025	0700 - 0800	Early Morning Flow Yoga	Waterside Suite
	0915 - 1015	Yang-Yin Yoga	Multi Use

Week 5: Mon 11 Aug - Thu 14 Aug

Date	Time	Class	Location
Aug 11, 2025	1305 - 1355	Early Morning Flow Yoga	Waterside Suite
Aug 13, 2025	0700 - 0800	Flow Yoga	Waterside Suite
Aug 14, 2025	1305 - 1355	Lunchtime Yin Yoga	Waterside Suite

Note: Week 5 is a reduced schedule due to an event booking

Week 3: Mon 28 Jul - Sun 3 Aug 14 Day Reboot

Date	Time	Class	Location
Jul 28, 2025	0700 - 0800	Early Morning Flow Yoga	Waterside Suite
	1305 - 1355	Lunchtime Yin Yoga	Waterside Suite
Jul 29, 2025	0700 - 0800	Early Morning Flow Yoga	Waterside Suite
	1700 - 1800	Free Flow Yoga	Bowls Hall
Jul 30, 2025	0700 - 0800	Flow Yoga	Waterside Suite
	1700 - 1800	Free Flow Yoga	Bowls Hall
Jul 31, 2025	0700 - 0800	Early Morning Flow Yoga	Waterside Suite
	1305 - 1355	Lunchtime Yin Yoga	Waterside Suite
Aug 1, 2025	0700 - 0800	Early Morning Flow Yoga	Waterside Suite
	0915 - 1015	Yang-Yin Yoga	Multi Use
Aug 3, 2025	1130 - 1230	Yoga Nidra	Multi Use



Available to book on the SRT App



📍 Clickimin Leisure Complex

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