

YOGA TIMETABLE

Monday 9 March - Sunday 28 June 2026

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| M | 1305 - 1355 | YIN YOGA | Waterside Suite |
| | Exception Dates: 06/04 | | |
| T | 1730 - 1830 | YOGA FLOW | Bowls Hall |
| | Exception Dates: 07/04 | | |
| W | 0700 - 0745 | YOGA FLOW | Waterside Suite |
| | 1730 - 1830 | YIN YOGA | Bowls Hall |
| | Exception Dates: YOGA FLOW on 08/04 & 15/04 YIN YOGA on 08/04 & 15/04 | | |
| T | 1305 - 1355 | YIN YOGA | Waterside Suite |
| | Exception Dates: 09/04 & 16/04 | | |
| F | 0900 - 1000 | YANG YIN YOGA | Multi-Use |
| | Exception Dates: 10/04, 17/04, 01/05 & 05/06 | | |
| S | 1030 - 1130 | FREE FLOW YOGA | Multi-Use |
| | Exception Dates: 11/04, 02/05 & 06/06 | | |
| S | 1130 - 1230 | YIN YOGA | Multi-Use |
| | Exception Dates: 12/04, 03/05 & 07/06 | | |