

Timetable 2022

New students arrive 10 mins early to any Basics class or Beginners Course start dates.

See 'Shop' tab for upcoming dates and to book online

BASICS - Beginners with less than 6mths exp.

GENERAL - With more than 6mths exp.

WOMENS - Reproductive health

RESTORATIVE - Therapy, pregnancy, seniors

ALL LEVELS - All welcome



	M	T	W	T	F	S
8.00						All Level
12.00	Basics (1hr)		Basics (1hr)			
4.00					Womens	
5.30	General	Basics	General	Basics		Most Classes 1½ hours duration
7.00	Basics	General		Restorative		

