

June Classes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

YOGA STUDIO

GOOD MORNING HATHA

Eve

7:00 / 60 MIN

YOGA STUDIO

WAKE-UP & FLOW

Charlie

7:00 / 60 MIN

YOGA STUDIO

WAKE-UP & FLOW

Jessica

7:00 / 60 MIN

YOGA STUDIO

FREEDOM FLOW

Violet

8:45 / 75 MIN

YOGA STUDIO

YIN & MEDITATION

Frankie

8:45 / 75 MIN

YOGA STUDIO

MAT PILATES

Sophia

9:30 / 60 MIN

YOGA STUDIO

SLOW FLOW

Corrie

9:30 / 60 MIN

YOGA STUDIO

PARENT & BABY YOGA

Aneta

10:30 / 60 MIN

YOGA STUDIO

DYNAMIC FLOW (WAS STRENGTH IN ALIGNMENT)

Isabel

9:30 / 60 MIN

YOGA STUDIO

MAT PILATES

Iris

10:30 / 60 MIN

YOGA STUDIO

SLOW FLOW

Kerry

10:30 / 60 MIN

YOGA STUDIO

GROUNDING VINYASA

Gandha

12:30 / 60 MIN

YOGA STUDIO

ANTI-DESK YOGA

Katie

12:30 / 45 MIN

YOGA STUDIO

GUEST TEACHER KATONAH INSPIRED YOGA

Maggie

12:30 / 45 MIN

YOGA STUDIO

ANTI-DESK YOGA

Roisin

12:30 / 45 MIN

YOGA STUDIO

SLOW FLOW

Victoria

12:30 / 60 MIN

YOGA STUDIO

YOGA FOUNDATIONS

Duha

12:00 / 60 MIN

YOGA STUDIO

YOGA FOR KIDS (7-11)

Frankie

16:30 / 45 MIN

YOGA STUDIO

PREGNANCY YOGA

Libby

13:30 / 60 MIN

YOGA STUDIO

DYNAMIC FLOW (WAS STRENGTH IN ALIGNMENT)

Maryann

18:15 / 60 MIN

YOGA STUDIO

MANDALA VINYASA & YIN

Melinda

18:15 / 60 MIN

YOGA STUDIO

GROUNDING VINYASA

Zara

18:15 / 60 MIN

YOGA STUDIO

MAT PILATES

Natalia

18:15 / 60 MIN

YOGA STUDIO

FRIDAY NIGHT FLOW

Katie

18:15 / 60 MIN

YOGA STUDIO

GROUNDING VINYASA

Zara

15:15 / 75 MIN

YOGA STUDIO

CANDLELIT YIN

Jessica

19:30 / 60 MIN

YOGA STUDIO

RESTORE & RELEASE

Duha

19:30 / 60 MIN

WORKSHOP SPACE

BARRE

Courtney

18:30 / 45 MIN

YOGA STUDIO

SLOW FLOW

Aneta

19:30 / 60 MIN

YOGA STUDIO

YOGA NIDRA

Olivia

19.30 / 45 MIN

MONTHLY WORKSHOP: SUN SALUTATIONS. SUMMER SOLSTICE
22ND JUNE 15:00
120 MINS £25

YOGA STUDIO

RESTORE & RELEASE

Duha

17:00 / 60 MIN

YOGA STUDIO

SOULFUL HATHA

Tahiche

19:30 / 60 MIN

DYNAMIC

RESTORATIVE

ALIGNMENT

WORKSHOP SPACE

BREATHWORK

Richie

19:30 / 45 MIN

Please see website for latest updates

RE:CENTRE

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www.recentre.co.uk

Summer Special

JUNE 1 - AUG 31

FREE OUTDOOR RIVERSIDE YOGA

Saturdays

10.30AM / 60 MIN

details online