

September Classes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WAKE-UP & FLOW

Jessica

7:30 / 60 MIN

WAKE-UP & FLOW

Charlie

7:30 / 60 MIN

FREEDOM FLOW

Violet

8:45 / 75 MIN

YIN & MEDITATION

Clare

8:45 / 75 MIN

MAT PILATES

Sophia

9:30 / 60 MIN

SLOW FLOW

Corrie

9:30 / 60 MIN

DYNAMIC FLOW

Isabel

9:30 / 60 MIN

FREEDOM FLOW

Violet

9:30 / 75 MIN

MAT PILATES

Iris

10:30 / 60 MIN

PREGNANCY YOGA

Libby

10:30 / 60 MIN

PARENT & CHILD YOGA (BABY)

Aneta

11.00 / 45 MIN

PARENT & CHILD YOGA (TODDLER)

Tarika

11.00 / 45 MIN

YOGA FOUNDATIONS

Duha

12:00 / 60 MIN

SLOW FLOW

Kerry

12:00 / 60 MIN

GROUNDING VINYASA

Gandha

12:30 / 60 MIN

ANTI-DESK YOGA

Katie

12:30 / 45 MIN

GUEST TEACHER 'THE HUMAN METHOD'

Nahid

12:30 / 45 MIN

ANTI-DESK YOGA

Roisin

12:30 / 45 MIN

SLOW FLOW

Victoria

12:30 / 60 MIN

YOGA FOR KIDS (4-7 YEARS)

Tarika

16:30 / 45 MIN

YOGA FOR KIDS (8-12 YEARS)

Frankie

16:30 / 45 MIN

CHAKRA FLOW

Mandy

15:15 / 75 MIN

GROUNDING VINYASA

Zara

15:15 / 75 MIN

DYNAMIC FLOW

Maryann

18:15 / 60 MIN

MANDALA VINYASA & YIN

Melinda

18:15 / 60 MIN

GROUNDING VINYASA

Zara

18:15 / 60 MIN

MAT PILATES

Natalia

18:15 / 60 MIN

FRIDAY NIGHT FLOW

Katie

18:15 / 60 MIN

RESTORE & RELEASE

Duha

17:00 / 60 MIN

BARRE

Courtney

19:15 / 45 MIN

BARRE

Maggie

18:30 / 45 MIN

CANDLELIT YIN

Jessica

19:30 / 60 MIN

RESTORE & RELEASE

Duha

19:30 / 60 MIN

SOULFUL HATHA

Tahiche

19:30 / 60 MIN

SLOW FLOW

Aneta

19:30 / 60 MIN

YOGA NIDRA

Olivia

19.30 / 45 MIN

BREATHWORK

Richie

19:30 / 45 MIN

Please see website for latest updates

RE:CENTRE

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www.recentre.co.uk

DYNAMIC

RESTORATIVE

ALIGNMENT