

STUDIO

# EIGHT

APRIL 29TH - MAY 5TH

FIRST FLOOR  
4 HERITAGE COURTYARD  
OFF SADLER STREET  
WELLS, BA5 2RR

## MONDAY APR 29TH

**17:45 YOGA BEGINNER +BEYOND**  
NATALIE - BENEATH THE ASANA

**18:45 YIN YOGA**  
NATALIE - BENEATH THE ASANA

## TUESDAY APR 30TH

**09:30 PHYSIO LED PILATES**  
BIRGITTE - SPIRAL PILATES

**10:45 MEDITATION**  
SARAH - LEMURIAN LIGHTS

**17:45 PHYSIO LED PILATES**  
BIRGITTE - SPIRAL PILATES

**19:00 WELLBEING DANCE**  
BRUNA SOFIA DANCE

## WEDNESDAY MAY 1ST

**10:00 PILATES FOR BEGINNERS**  
GINA - GA PILATES

**11:00 PILATES INTERMEDIATE**  
GINA - GA PILATES

**13:00 JOLLY BABIES**  
MUSIC WITH MUMMY

**17:45 ASTANGA/VINYASA YOGA**  
NATALIE - BENEATH THE ASANA

**18:45 YOGA FOR BEGINNERS**  
NATALIE - BENEATH THE ASANA

## THURSDAY MAY 2ND

**06:45 EARLY MORNING YOGA FLOW**  
NATALIE - BENEATH THE ASANA

## FRIDAY MAY 3RD

**09:30 RESTORATIVE YOGA**  
NATALIE - BENEATH THE ASANA

**10:30 YANG YIN YOGA SOCIAL**  
NATALIE - BENEATH THE ASANA

## SATURDAY MAY 4TH

## SUNDAY MAY 5TH

STUDIO

# EIGHT

MAY 6TH - MAY 12TH

FIRST FLOOR  
4 HERITAGE COURTYARD  
OFF SADLER STREET  
WELLS, BA5 2RR

## MONDAY MAY 6TH

**17:45 YOGA BEGINNER +BEYOND**  
NATALIE - BENEATH THE ASANA

**18:45 YIN YOGA**  
NATALIE - BENEATH THE ASANA

## TUESDAY MAY 7TH

**09:30 PHYSIO LED PILATES**  
BIRGITTE - SPIRAL PILATES

**10:45 MEDITATION**  
SARAH - LEMURIAN LIGHTS

**12:00 EMPOWER HOUR**  
AMBER LLOYD COACHING

**17:45 PHYSIO LED PILATES**  
BIRGITTE - SPIRAL PILATES

**19:00 WELLBEING DANCE**  
BRUNA SOFIA DANCE

## WEDNESDAY MAY 8TH

**10:00 PILATES FOR BEGINNERS**  
GINA - GA PILATES

**11:00 PILATES INTERMEDIATE**  
GINA - GA PILATES

**13:00 JOLLY BABIES**  
MUSIC WITH MUMMY

**17:45 ASTANGA/VINYASA YOGA**  
NATALIE - BENEATH THE ASANA

**18:45 YOGA FOR BEGINNERS**  
NATALIE - BENEATH THE ASANA

## THURSDAY MAY 9TH

**06:45 EARLY MORNING YOGA FLOW**  
NATALIE - BENEATH THE ASANA

## FRIDAY MAY 10TH

**09:30 RESTORATIVE YOGA**  
NATALIE - BENEATH THE ASANA

**10:30 YANG YIN YOGA SOCIAL**  
NATALIE - BENEATH THE ASANA

## SATURDAY MAY 11TH

**09:30 INTRODUCTION TO YOGA**  
NATALIE - BENEATH THE ASANA  
**13:00 FLOWER REMEDY WORKSHOP**  
KATIE - ORGANIC HERBALIST

**16:00 FREEDOM FLOW YOGA**  
LAYLA  
**17:00 SLOW FLOW YOGA**  
LAYLA

## SUNDAY MAY 12TH

**10:00 SEASONAL WELLNESS WORKSHOP**  
DANIELLE - HOLLISTIC WELLBEING

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STUDIO

# EIGHT

MAY 13TH - MAY 26TH

FIRST FLOOR  
4 HERITAGE COURTYARD  
OFF SADLER STREET  
WELLS, BA5 2RR

## MONDAY MAY 13TH

**17:45 YOGA BEGINNER +BEYOND**  
NATALIE - BENEATH THE ASANA

**18:45 YIN YOGA**  
NATALIE - BENEATH THE ASANA

## TUESDAY MAY 14TH

**09:30 PHYSIO LED PILATES**  
BIRGITTE - SPIRAL PILATES

**10:45 MEDITATION**  
SARAH - LEMURIAN LIGHTS

**17:45 PHYSIO LED PILATES**  
BIRGITTE - SPIRAL PILATES

**19:00 WELLBEING DANCE**  
BRUNA SOFIA DANCE

## WEDNESDAY MAY 15TH

**10:00 PILATES FOR BEGINNERS**  
GINA - GA PILATES

**11:00 PILATES INTERMEDIATE**  
GINA - GA PILATES

**13:00 JOLLY BABIES**  
MUSIC WITH MUMMY

**17:45 ASTANGA/VINYASA YOGA**  
NATALIE - BENEATH THE ASANA

**18:45 YOGA FOR BEGINNERS**  
NATALIE - BENEATH THE ASANA

## THURSDAY MAY 16TH

**06:45 EARLY MORNING YOGA FLOW**  
NATALIE - BENEATH THE ASANA

## FRIDAY MAY 17TH

**09:30 RESTORATIVE YOGA**  
NATALIE - BENEATH THE ASANA

**10:30 YANG YIN YOGA SOCIAL**  
NATALIE - BENEATH THE ASANA

## SATURDAY MAY 18TH

**09:30 INTRODUCTION TO YOGA**  
NATALIE - BENEATH THE ASANA

**16:00 FREEDOM FLOW YOGA**  
LAYLA

**17:00 SLOW FLOW YOGA**  
LAYLA

## SUNDAY MAY 19TH

STUDIO

# EIGHT

MAY 20TH - MAY 26TH

FIRST FLOOR  
4 HERITAGE COURTYARD  
OFF SADLER STREET  
WELLS, BA5 2RR

## MONDAY MAY 20TH

**17:45 YOGA BEGINNER +BEYOND**  
NATALIE - BENEATH THE ASANA

**18:45 YIN YOGA**  
NATALIE - BENEATH THE ASANA

## TUESDAY MAY 21ST

**09:30 PHYSIO LED PILATES**  
BIRGITTE - SPIRAL PILATES

**10:45 MEDITATION**  
SARAH - LEMURIAN LIGHTS

**17:45 PHYSIO LED PILATES**  
BIRGITTE - SPIRAL PILATES

**19:00 WELLBEING DANCE**  
BRUNA SOFIA DANCE

## WEDNESDAY MAY 22ND

**10:00 PILATES FOR BEGINNERS**  
GINA - GA PILATES

**11:00 PILATES INTERMEDIATE**  
GINA - GA PILATES

**13:00 JOLLY BABIES**  
MUSIC WITH MUMMY

**17:45 ASTANGA/VINYASA YOGA**  
NATALIE - BENEATH THE ASANA

**18:45 YOGA FOR BEGINNERS**  
NATALIE - BENEATH THE ASANA

## THURSDAY MAY 23RD

**06:45 EARLY MORNING YOGA FLOW**  
NATALIE - BENEATH THE ASANA

**11:00 DREAM CATCHER WORKSHOP**  
BEV G STAR

**17:45 MINDSET WEIGHT MANAGEMENT**  
LUCY KING COACHING

## FRIDAY MAY 24TH

**09:30 RESTORATIVE YOGA**  
NATALIE - BENEATH THE ASANA

**10:30 YANG YIN YOGA SOCIAL**  
NATALIE - BENEATH THE ASANA

**1:30 MENOPAUSE MASTERCLASS**  
KIRSTIE SALTER COACHING

**19:00 SOUND BATH**  
JESSIKA - THE LUNA FLOW

## SATURDAY MAY 25TH

**09:30 INTRODUCTION TO YOGA**  
NATALIE - BENEATH THE ASANA

**16:00 FREEDOM FLOW YOGA**  
LAYLA

**17:00 SLOW FLOW YOGA**  
LAYLA

## SUNDAY MAY 26TH

**11:00 SOUND BATH**  
JESSIKA - THE LUNA FLOW