

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

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

www.studioeightwells.co.uk