

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

**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