

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

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