

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30-07:10 Zoom Meditation	06:30-07:10 Zoom Meditation	06:30-07:10 Zoom Meditation	06:30-07:10 Zoom Zoom Meditation	06:30-07:10 Zoom Meditation		
08:00-09:00 all welcome Vinyasa Vaccasin	07:45-08:45 all welcome Vinyasa & Meditation Vaccasin	07:45-08:45 all welcome Vinyasa Vaccasin	07:45-08:45 all welcome Vinyasa & Meditation Vaccasin	08:00-09:00 all welcome Vinyasa Vaccasin	09:00-10:30 Level 2 Iyengar Sophie	09:00-10:00 all welcome Vinyasa Effie
09:45-11:00 all welcome Iyengar Ruth		09:30-10:30 all welcome Hatha flow Paula	09:30-10:30 all welcome Vinyasa Shruti/ Linda	09:30-10:40 yoga for older bodies Terry		10:30-11:30 all welcome yoga Vaccasin
11:15-12:15 all welcome Restorative Ruth			10:55-12:05 all welcome yoga Layaly	11:00-12:00 all welcome Vinyasa (Ashtanga) Sudhi	11:00-12:00 all welcome yoga Vinyasa Suhad	Sunday workshops details on TeamUp/ YP website: yogapoint.co.uk
12:30-13:30 all welcome Dharma David				TBC 12:30-13:30 all welcome Breathwork Sudhi	12:30-13:30 all welcome Power yoga Nina	
16:30-17:30 all welcome Yoga & Meditation Vaccasin		17:00-18:00 FREE Jivamukti Aishwarya	17:00-18:00 all welcome Flow to Restore David	17:00-18:15 all welcome Restorative Vaccasin	Saturday workshops details on TeamUp/ YP website: yogapoint.co.uk	
18:00-19:00 all welcome Vinyasa Georgie	18:00-19:00 all welcome Vinyasa Nina	18:30-19:30 all welcome Yin Nina	18:30-19:30 all welcome Vinyasa Effie	18:30/19:00 Monthly Gong baths		17:00-18:00 all welcome Slow flow Amy
19:30-20:30 Level 1 & 2 Iyengar - Marton	19:30-20:30 Beginners' drop-in - Yinka	20:00-21:00 Beginners' course Vaccasin	19:45-20:45 Level 2 yoga Vaccasin			18:30-19:30 yoga for pregnancy Michele/ Malicha

Classes may vary, always check the **live timetable** on the website (www.yogapoint.co.uk) for accuracy.