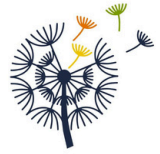


STUDIO TIMETABLE



WINTERHOUSE
WELLNESS FOR BODY, MIND AND SOUL

MONDAY

5.15 – 5.45pm Hatha Yoga with NATHALIE
7.00 – 8.30pm Tai Chi and Chi Gung with MATT

TUESDAY

10.30- – 11.30am Back Care Yoga with KAT
6.00 – 7.00pm Vinyasa Flow Yoga with NATHALIE

WEDNESDAY

9.30 – 11.00am Hatha Yoga with NATHALIE
6.15 – 7.15pm Strength and Core Yoga with KAT

THURSDAY

6.15 – 7.15pm Restoration Station with RICHARD

FRIDAY

5pm Classical Pilates with KEVIN
6.30 – 7.30pm Vini Yoga with LISA

SUNDAY

(every 4th in the month)

4pm - 5.30pm Sound therapy Gong Bath
with DAWN