

Aerodynamic Yoga

Studio & Online Classes Timetable

Monday

5.30pm: **Recovery & Repair**

7pm: **Core Yoga**

Tuesday

10am: **The Back STR8**

5.30pm: **Monthly Meet-Up***

6.30pm: **Target Practice**

Wednesday

7am: **Morning Motivation**

9.30am: **Core Yoga**

5pm: **Pit Stop Yoga**

6.30pm: **THE PRACTICE****

Thursday

5.30pm: **Physical Engineering**

7pm: **Recovery & Repair**

Saturday

8am: **THE PRACTICE****

9.30am: **The Back STR8**

11 15am: **Coffee Break Meditation*****



*Monthly Meet-Up Online the first Tuesday each month

**THE PRACTICE session is not suitable for beginners

***Coffee Break Meditation takes place every 2 weeks in the studio & online.