

Aerodynamic Yoga Classes Timetable

Monday

5.30pm – 6.45pm:

Recovery & Repair

7pm – 8.15pm:

Core Yoga

Tuesday

10am- 11.15am:

The Back STR8

6.30pm – 7.45pm:

Target Practice



Thursday

9.30am – 10.45am:

Core yoga

5.30pm – 6.45pm:

C. B. Core *new*

7pm – 8.15pm:

Recovery & Repair

Saturday

8am – 9.15am:

Target Practice

9.30am – 10.45am:

The Back STR8

11am – 12pm:

Coffee Break Meditation