

STUDIO TIMETABLE



WINTERHOUSE
WELLNESS FOR BODY, MIND AND SOUL

MONDAY

17:15 Hatha Yoga with NATHALIE
19:00 Tai Chi with MATT

TUESDAY

10:00 Back Care Yoga with KAT
18:00 Vinyasa Flow with NATHALIE

WEDNESDAY

9.30 Hatha Yoga with NATHALIE
18:00 Strength and Core Yoga with KAT

THURSDAY

18:15 Restoration Station with RICHARD

FRIDAY

17:00 Classical Pilates with KEVIN
18:30 Vini Yoga with LISA

SUNDAY

16:00 Gong Bath with DAWN & KAREN
(Every 4th in the month)