

Be Happy Yoga Class Timetable - Spring 2025		
	MONDAY	
AM	9.00 - 10.00	Yoga & Pilates fusion
	10.30 - 11.45	Chair / Gentle Yoga - NHS approved Yoga4Health classes
PM	6.30 - 7.30	Yoga & Pilates fusion
	7.30 - 8.30	Men's Yoga
	TUESDAY	
PM	6:15 - 7:15	Yoga Flow (beginner friendly vinyasa)
	7:30 - 8:30	Yoga Flow (intermediate vinyasa)
	WEDNESDAY	
PM	6:30 - 7:30	Yoga Strong (with weights)
	7:30 - 8:30	Yoga Chill - Restorative Yoga
	THURSDAY	
PM	7:00 - 8:00	Hatha Yoga - Beginners / All
	8:00 - 9:00	Beginners Yoga 7 week courses - running on selected dates
	FRIDAY	
AM	9:30 - 10:30	Yoga Strong (with weights)
	10:30 - 11.45	Chair / Gentle Yoga - NHS approved Yoga4Health classes
	SATURDAY	
AM	9:15 - 10:15	Flow Yoga (intermediate)
	10:30 - 11:30	Hatha Flow Yoga (all levels)
Private lessons for individuals, 2 people sharing and personalised yoga therapy are also available		
Contact me via lesley@behappyyoga.fit for availability		