



STUDIO 7

SPRING 2026

MONDAY

- 9:30-10:30** | Mixed Level Yoga with Siobhan M
- 11:00-12:00** | Slow Flow with Esther
- 17:00-18:00** | Mixed Level Pilates & Strength with Anita
- 18:15-19:15** | Beginners Pilates & Strength with Anita
- 19:30-20:30** | Intermediate Pilates & Strength with Anita

TUESDAY

- 9:30-10:30** | Mixed Level Yoga with Siobhan M
- 12:30-13:15** | Chair Yoga with Siobhan M
- 18:00-19:00** | Beginners Yoga with Siobhan S
- 19:15-20:20** | Hatha Yoga with Kelly

WEDNESDAY

- 7:00-8:00** | Sunrise Yoga with Siobhan M
- 9:30-10:30** | Mixed Level Yoga with Siobhan M
- 11:00-12:00** | Slow Flow with Esther
- 18:15-19:15** | Beginners Pilates & Strength with Anita
- 19:30-20:30** | Intermediate Pilates & Strength with Anita

THURSDAY

- 10:00-11:00** | Pilates - Strength for Bone Health with Anita
- 11:15-12:15** | Mixed Level Pilates & Strength with Anita
- 15:00-16:00** | Mixed Level Yoga with Esther
- 19:20-20:20** | Mixed Level Yoga with Siobhan M

FRIDAY

- 7:00-8:00** | Sunrise Yoga with Siobhan M
- 9:30-10:30** | Mixed Level Yoga with Siobhan M
- 18:00-19:00** | Feel Good Friday with Our New Teachers

SUNDAY

- 10:00-11:00** | Mixed Level Yoga with Siobhan M
- 11:15-12:15** | Mixed Level Yoga with Siobhan M
- 18:00-19:30** | Restorative Yoga (*every second week*)



STUDIO 2

SPRING 2026

MONDAY

18:00-19:00 | Pregnancy Yoga with Olwyn
19:30-20:45 | Mixed Level Yoga with Esther

TUESDAY

10:00-11:00 | Beginners Yoga with Fionnuala
18:30-19:30 | Chair Yoga with Esther
19:45-20:45 | Mixed Level Yoga with Siobhan

WEDNESDAY

18:30-19:45 | Strength & Restore Yoga with Katy
20:10-21:10 | Meditation with Tina

THURSDAY

19:00-20:00 | Meditation with Keith

SATURDAY

9:00-10:00 | Vinyasa Flow with Sam