

# Wellbeing Classes

## Week Commencing Monday 26<sup>th</sup> July 2021

### Monday

Class	Level	Class Time	Leader	Venue
Mat Pilates	All	09.30 - 10.30	Bonny	Dance Floor
Tai Chi for the over 50's	All	11.30 - 12.30	Kim	South Hall
Yoga Flow	All	16.00 - 17.00	Clive	Dance Floor

### Tuesday

Class	Level	Class Time	Leader	Venue
Pilates (Beginners)	1	18.00 - 19.00	Becky	Studio
Yoga	All	19.15 - 20.15	Sandra	Dance Floor

### Wednesday

Class	Level	Class Time	Leader	Venue
Yogalates	All	09.30 - 10.30	Belinda	Dance Floor

### Thursday

Class	Level	Class Time	Leader	Venue
Pilates	All	09.30 - 10.30	Carllye	Dance Floor
Gentle Hatha Yoga	All	10.45 - 11.45	Sandra	Dance Floor
Tai Chi for the over 50's	All	11.30 - 12.30	Kim	South Hall
Gentle Yoga	All	16.00 - 17.00	Clive	Dance Floor

### Friday

Class	Level	Class Time	Leader	Venue
Yoga	All	09.15 - 10.15	Heidi	Dance Floor

### Sunday

Class	Level	Class Time	Leader	Venue
Yoga & Meditation for Beginners	1	10.00 - 11.00	Clive	Dance Floor

*Level 1 = Beginners | Level 2 = Intermediate | Level 3 = Advanced*

**ALL Wodson Park Wellbeing Classes are limited to a MAXIMUM of 20 participants and MUST be pre-booked, by calling Wodson Park Reception, tel: 01920 487 091**

- **Wodson Park Members** may book our Wellbeing Classes up to 7 days in advance
- **Non-Members** may book our Wellbeing Classes up to 3 days in advance