



Wellbeing Classes

Week Commencing Monday 22nd April 2024

Monday

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

Tuesday

| Class | Level | Class Time | Leader | Venue |
|---------------------|-------|---------------|-----------------------------|--------|
| Yin Yoga | All | 15.00 - 16.00 | Songal <i>(Covering)</i> | Studio |
| Pilates (Beginners) | 1 | 18.00 - 19.00 | Becky | Bar 2 |

Wednesday

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

Thursday

| Class | Level | Class Time | Leader | Venue |
|---------------------------|-------|---------------|---------|-------------|
| Pilates | All | 09.30 - 10.30 | Carllye | Dance Floor |
| Tai Chi for the over 50's | All | 11.30 - 12.30 | Jackie | Studio |
| Gentle Yoga | All | 16.00 - 17.00 | Clive | Studio |

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 | Studio |

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

ALL Wodson Park Wellbeing Classes 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**