



## Christmas Timetable

### **Week Commencing 10 December**

These classes are running:

Monday 10<sup>th</sup> Yoga 09.30 The Clifton Centre  
Monday 10<sup>th</sup> Yoga 18.15 Chesterton Community Centre  
Tuesday 11<sup>th</sup> Pilates 09.30 The Clifton Centre  
Wednesday 12<sup>th</sup> Yoga 18.15 The Clifton Centre  
Friday 14<sup>th</sup> Yoga 09.30 Langford Village Community Centre

***Special Christmas Gong Sound Bath Relaxation Weds 12 Dec, 19.30-20.30 (£15)***

### **Week Commencing 17 December**

These classes are running:

Monday 17<sup>th</sup> Yoga 09.30 The Clifton Centre  
Monday 17<sup>th</sup> Yoga 18.15 Chesterton Community Centre  
Tuesday 18<sup>th</sup> Pilates 09.30 The Clifton Centre  
Wednesday 19<sup>th</sup> Yoga 18.15 The Clifton Centre  
Friday 21<sup>st</sup> Yoga 09.30 Langford Village Community Centre

### **Week Commencing 24 December**

No classes this week

### **Week Commencing 31 December**

These classes are running:

Wednesday 2<sup>nd</sup> Yoga 18.15 The Clifton Centre  
Friday 4<sup>th</sup> Yoga 09.30 Langford Village Community Centre

### **Week Commencing 7 January**

All classes running, with a special free Taster session for new Qigong class

Tuesday 8<sup>th</sup> Jan, 10.45 The Clifton Centre

Very best wishes for a Happy and Peaceful Christmas and New Year

