



Renaissance Yoga & Well Being

Our Regular Scheduled Classes

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-----------------------------|------------------|-----------------|-----------------|--------------|---------------|---------------|
| 7.30am | | Forrest Inspired | | Vinyasa Yoga | | | |
| 8.15am | | | | | | Pilates | |
| 9am | | | | | | | Pilates |
| 9.30am | Flow to Glow | | | | Mindful Flow | Power Vinyasa | |
| 10.15am | | | | | | | Soothing Flow |
| 11am | | | | | | | |
| 12.30pm | | Power Vinyasa | Pilates | Somatic Flow | | | |
| | | | | | | | |
| 6.30pm | | | | Dynamic Vinyasa | Yin Yoga | | |
| 6.45pm | Forrest Yoga | Pilates | Flow to Restore | | | | |
| 7.45pm | | | | Pilates | | | |
| 8pm | | | Forrest Yoga | | | | |
| 8.15pm | Yoga For Stress and Anxiety | | | | | | |

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|---------------|------------------|----------------------------------|--------------------------------|
| Colour coding | Suitable for all | Not suitable for total beginners | Experienced Practitioners only |
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Do note that classes are subject to change due to teacher availability. Please always consult the online schedule at www.renaissancestudio.uk