

What is your priority for your practice?


Strength

Sweat with Michelle
Advanced Mandala with Michelle




Meditation/Mindfulness

Sound Bath with Kim
Flow with Ann-Marie
Over 60s with Kim/Anne




A Workout

Advanced Mandala with Michelle
Mobility, Flow & Meditation with Michelle
Sweat with Michelle



Beginner Friendly

Beginners with David
Beginners with Hannah
Beginners with Michelle



Flexibility/Mobility

Flow with Michelle
Flow with Ann-Marie
Mobility, Flow & Meditation with Michelle
Flow with Jen

