

ONLINE CLASS SCHEDULE

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| **MONDAY**  Face Yoga - 9:30  Yoga – 10:00  Pilates – 17:15 | **TUESDAY**  Face Yoga – 9:30  Pilates w/ Foam  Roller – 10:00 | **WEDNESDAY**  Face Yoga – 9:30  Yoga – 10:00  Pilates – 18:30 |
| **THURSDAY**  Pilates – recording available | **FRIDAY**  Meditation – 9:00  Pilates – 9:30 | **SUBSCRIPTIONS:**  Pilates - £15 two weeks.  Yoga - £10 two weeks.  Face Yoga - £10 two weeks.  *All Pilates classes are 45 mins.*  *Yoga and Face Yoga require a separate subscription.* |
| **PILATES** – Matwork Pilates class combining strengthening, mobilisation and stretch techniques to work the whole body, suitable for most levels. We will use a stretch band, small ball and sometime a foam roller to deepen the work, but if you don’t have them, an alternative modification will be given.  **FoamRoller** – we will be needing a foam roller for this class working on hydrating the fascia in the body, performing a specific set of movements to release tension and promote better movement through the connective tissue.  **Face Yoga** – Relaxing yet effective routine of face exercises and face massage to keep us glowing, healthy and younger looking. No tools required, although a mirror is advisable. Just bring your beautiful faces, with or without make up, and of course a smile! Suitable for all levels.  **Yoga** – a fusion of classic yoga asanas and Pilates core work, this class combines the best of both worlds – teaching you how to find your abdominal muscles before taking you on a journey through yoga asanas, designed at opening the shoulders and chest, increasing flexibility in the hamstrings and hips and strengthening the low back. Suitable for all levels including beginners.  **Yoga Meditation** – a 20 mins class focusing on finding the stillness in the mind. Includes asana warm up before a seated meditation. The style varies weekly and includes breathwork, mantras and visualisation. | | |