



MELE YOGA CLASS SCHEDULE

APRIL - MAY 2021



	MON	TUE	WED	THURS	FRI	SAT	SUN
A M					Gentle Hatha Flow St Mary's & Nichols Live Online 10:00 - 11:15	Hatha Flow Live Online 09:00 - 10:00	
P M			Claremont @ Sandown Sports 14:30 - 15:30	Rest and Restore Live Online 14:00 - 15:30			
		Yang Hatha Flow Live Online 18:00 - 19:00	Yoga for Horse Riders Chasemore Farm 16:30 - 17:30				
		Yin Slowdown Live Online 19:15 - 20:30					

 Green - Open classes. Book via my website. Open schedule reduces in the holidays.
 Purple - Members / Corporate only
Starting wc 6th April 2021 - Subject to change. v10

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