



MAY 2026 CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		07:00 - 08:00 Mens Stretch		
10:15 - 11:15 Mat Pilates	10:15 - 11:15 Slow Flow Yoga	10:00 - 11:30 Yin Yoga		
		12:00 - 13:15 New Postnatal Yoga		
19:00 - 20:00 Pre-natal Pilates	18:15 - 19:15 Slow Flow Yoga	18:00 - 19:00 DanceAttack (except last Weds of month)	17:30 - 18:30 Slow Flow Yoga	
20:30 - 21:30 Body Glow Dance Class		20:30 - 21:30 Body Glow Dance Class (except last Weds of month)	19:00 - 20:15 Pregnancy Yoga	

1st Sunday of the month	09:00 - 11:00	Breathwork	Sun 17 th May	18:30-21:30	IOW Reiki
Sat 2 nd May	19:00 - 21:30	IOW Reiki	Sat 16 th May	18:00 - 19:00	Sacred Sound Bath
Sat 9 th May	09:00 - 13:00	Feldenkrais Workshop	Sat 23 rd May	11:00 - 16:00	IOW Reiki

Weds 27 th May	18:30 - 21:30	IOW Reiki
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DISCOVER MORE

