

# COURSES WEEKLY SCHEDULE 2023



Monday		
Time	Class	Instructor
07:30 - 08:00	Gentle Yoga	Hannah Joseph
08:00 - 08:30	Entry Level Workout	James Hilton
08:30 - 09:00	Moderate Level Workout	James Hilton
08:30 - 09:00	Mindfulness and Morning Gratitude	Ellie Foden
09:00 - 09:30	Resistance Training	Duncan Vincent
09:00 - 10:00	Yoga	Virginia Walker
10:00 - 11:00	Tai Chi Flow	Andy Yau
11:00 - 12:00	Pilates	Jude Hirschheimer
12:00 - 13:00	Zumba	Lina Telis
17:00 - 17:30	Seated Fitness	James Hilton
17:30 - 18:30	Irish Nature Sketchbook	Joanna Cooke
19:30 - 20:00	Mindfulness and Evening Gratitude	Ellie Foden
20:00 - 21:00	Yin Yoga for Sleep	Loren Barclay
<b>Daily Drop In Classes</b>		
11:00 - 12:00	Style Coaching: Exact Title Changes	Sarah Ryan
13:00 - 14:00	Positive Psychology: Exact Title Changes	Kath Temple
14:00 - 15:00	Seated Tai Chi for Reduced Mobility	Andy Yau
15:00 - 17:00	Watercolour Painting	John Skelcher
<b>Six-Week Courses</b>		
20:00 - 21:00	Dementia Prevention	Susan Saunders

Tuesday		
Time	Class	Instructor
07:30 - 08:00	Gentle Yoga	Hannah Joseph
08:00 - 08:30	Entry Level Workout	Tim Harris
08:30 - 09:00	Moderate Level Workout	Tim Harris
08:30 - 09:00	Morning Gratitude & Journaling	Jess Parkinson
09:00 - 10:00	Resistance Training	Tim Harris
09:00 - 10:00	Yoga	Virginia Walker
10:00 - 11:00	Tai Chi Flow	Andy Yau
11:00 - 12:00	Pilates	Jude Hirschheimer
12:00 - 13:00	PPG	Humphrey/Lucinda
17:00 - 17:30	Mindfulness and Evening Gratitude	Matt Faul
17:30 - 18:00	Breathwork	Puravi Joshi
20:00 - 21:00	Yoga Nidra for Sleep	Sarah Vas
10:00 - 11:00	Fall Prevention	James Hilton
13:00 - 14:00	Beginners Painting & Drawing	John Skelcher
14:00 - 15:00	Qigong for Joint Health and Mobility	Manuela Roche
15:00 - 16:00	Fine Motor Skills Through Art	John Skelcher
16:00 - 17:00	Yoga for Pelvic Floor and Incontinence	Virginia Walker

Wednesday		
Time	Class	Instructor
07:30 - 08:00	Gentle Yoga	Hannah Joseph
08:00 - 08:30	Entry Level Workout	Duncan Vincent
08:30 - 09:00	Moderate Level Workout	Duncan Vincent
08:30 - 09:00	Meditation & Journaling	Jess Parkinson
09:00 - 10:00	Resistance Training	James Hilton
09:00 - 10:00	Yoga	Virginia Walker
10:00 - 11:00	Tai Chi Flow	Andy Yau
10:00 - 11:00	Nutrition Club	Claudia Le Feuvre
11:00 - 12:00	Pilates	Emily Taylor
12:00 - 13:00	Style Coach Counsel	Sarah Ryan
17:00 - 17:30	Mindfulness and Evening Gratitude	Ellie Foden
17:00 - 18:00	Seated Fitness	James Hilton
18:00 - 19:00	Cockney Sing-along	Tom Carradine
20:00 - 20:30	Breathwork	Lily Beck
20:30 - 21:00	Massage for Sleep	Dan Hope
11:00 - 12:00	Happiness Hub: Exact Title Changes	Kath Temple
13:00 - 14:00	Women's Wellness: Food, Body, Hormones	Cathy Houghton
14:00 - 16:00	Art Techniques	Joanna Cooke
15:00 - 16:00	Dance Fitness: Exact Title Changes	Lina Telis
16:00 - 17:00	Nutritional Chef	Jana Fritzsche
15:00 - 16:00	Pilates for Injury Recovery (until June 1st 2023)	Jude Hirschheimer

Thursday		
Time	Class	Instructor
07:30 - 08:00	Gentle Yoga	Hannah Joseph
08:00 - 08:30	Entry Level Workout	Tim Harris
08:30 - 09:00	Moderate Level Workout	Tim Harris
08:30 - 09:00	Morning Gratitude & Journaling	Harry Langham
08:30 - 09:00	Reflexology for Pain Relief	Aimee Moore
09:00 - 09:30	Resistance Training	Kylie Bond
09:00 - 10:00	Yoga	Virginia Walker
10:00 - 11:00	Tai Chi Flow	Andy Yau
11:00 - 12:00	Pilates	Emily Taylor
12:00 - 13:00	Inside Story	Humphrey/Lucinda
17:00 - 17:30	Mindfulness and Evening Gratitude	Jess Parkinson
20:00 - 21:00	Yin Yoga for Sleep	Loren Barclay
09:00 - 10:00	Healthy Sleep: Exact title changes	Anna Campkin
13:00 - 14:30	Creative Writing	David Mark
<b>Daily Drop In Classes</b>		
15:00 - 17:00	Advanced Painting & Drawing	John Skelcher
<b>Six-Week Courses</b>		

Friday		
Time	Class	Instructor
07:30 - 08:00	Gentle Movement	Duncan Vincent
08:00 - 08:30	Entry Level Workout	Duncan Vincent
08:30 - 09:00	Moderate Level Workout	Duncan Vincent
08:30 - 09:00	Morning Gratitude & Journaling	Anna Campkin
09:00 - 09:30	Resistance Training	Tim Harris
09:00 - 10:00	Yoga	Virginia Walker
10:00 - 11:00	Tai Chi Flow Practice	Andy Yau
10:00 - 11:00	Facial Yoga	Ross Duttson
11:00 - 12:00	Pilates	Emily Langham
12:00 - 13:00	Inside Story/Book of the Month	Humphrey/Lucinda
16:00 - 16:30	Massage for Pain Relief	Dan Hope
17:00 - 17:30	Seated Fitness	Duncan Vincent
17:00 - 17:30	Mindfulness and Evening Gratitude	Jess Parkinson
20:00 - 21:00	Mindfulness and Relaxation for Sleep	Jess Parkinson
11:00 - 12:00	Nutrition: Exact Title Changes	Claudia Le Feuvre
13:00 - 14:00	Brain Agility Through Art	Joanna Cooke
14:00 - 15:00	Chakra Yoga	Virginia Walker
15:00 - 16:00	Creative Design: Exact Title Changes	Joanna Cooke
18:00 - 19:00	Poetry	Harry Langham

Saturday		
Time	Class	Instructor
07:30 - 08:00	Gentle Yoga	Jess Parkinson
08:00 - 08:30	Entry Level Workout	James Hilton
08:30 - 09:00	Moderate Level Workout	James Hilton
08:30 - 09:00	Gratitude Journaling & NLP Coaching	Anna Campkin
09:00 - 10:00	Yoga	Tim Harris
10:00 - 11:00	Tai Chi	Virginia Walker
11:00 - 12:00	Pilates	Andy Yau
11:00 - 11:30	Massage for Pain Relief	Ross Duttson
12:00 - 13:00	Goldster Choir	Emily Langham
20:00 - 21:00	Yin Yoga for Sleep	Sarah Vas
<b>Sunday Drop In Classes</b>		
Time	Class	Instructor
07:30 - 08:00	Gentle Movement	Tim Harris
08:00 - 08:30	Entry Level Workout	Tim Harris
08:30 - 09:00	Moderate Level Workout	Tim Harris
08:30 - 09:00	Morning Mindfulness and Journaling	Matt Faul
09:00 - 10:00	Reflexology with Music for Pain Relief	Aimee Moore
09:00 - 10:00	Kundalini Yoga	Hannah Joseph
10:00 - 11:00	Intro to Tai Chi	Andy Yau
11:00 - 12:00	Pilates	Tania Ahmad
20:00 - 21:00	Yoga Nidra and Relaxation for Sleep	Emma Cunliffe