



Timetable for Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Yoga for Kids 4.15-5pm, 4-9yrs old 5.15-6pm, 10-14yrs old Cost £30 per five week term, £36 per six week term. Leigh Community Centre. (Term time only)</p>	<p>Yoga for Adults 7.30-8.30pm, Cost £8. Starts 12 January 2022 Leigh Community Centre. (Term time only)</p>	<p>Chair Yoga Leigh on Sea 10-10.45pm Bradfordbury Court, Eastwood Old Road, Leigh on Sea, SS9 4SW Cost £6 - just drop in.</p>	<p>Chair Yoga Class for Special Needs 10.30-11.15am, Cost £4. The Novel Coffee Shop, 98 London Road, Southend-on-Sea.</p>	<p>Yoga for Adults Outside. Saturdays 9-10am Belfairs Woods (Outside the Woodlands Centre) This class runs May-Sept. Cost £8.</p>
	<p>Yoga for Special Needs 5-5.45pm. Cost £30 per 5 week term, £36 per 6 week term. Leigh Community Centre. (Term time only)</p>			<p>Community Chair Yoga Class 12-12.45pm. Balmoral Community Centre. Cost donation. (Term time only)</p>	

