



GUIDED CLASS SCHEDULE

MON

19:00 - 20:00 **BROGA**

Men's only yoga - £12 drop-in

TUES

17:15 – 18:15 **MOVE & SAUNA**

18:15 – 19:30 **REST & RESTORE**

WEDS

19:45 – 20:45 **YIN YOGA & SAUNA**

THURS

18:30 – 19:30 **MOVE & SAUNA**

FRI

07:30 – 08:45 **YOGA & SAUNA**

INCLUDED IN - ALL ACCESS, EVERY DAY, AND
SAUNA & ICE CLASS PASSES AND MEMBERSHIPS
£15 - DROP-IN (£12 FOR BROGA)