

Christmas Schedule

24 dec - 5 jan

Mon, 24th Dec - Christmas Eve restorative & meditation with Sara 19.45 - 21.15 (all welcome, bring a loved one).

Thursday, 27th Dec - 19.30 - 21.00

Saturday, 29th Dec - 09.30 - 11.00

Wednesday, 2nd Jan - 10.00 - 11.30

17.45 - 19.15

Thursday, 3rd Jan - 19.30 - 21.00

Saturday, 5th Jan - normal schedule

*please note that all classes are of mixed level throughout this period.

