

April 2024 Timetable

YOGA

Hatha Yoga Carole Richardson	Mon	15/04/24 – 20/05/24	5 weeks	9.15am
	Tues	16/04/24 – 21/05/24	6 weeks	2.00pm
	Wed	17/04/24 – 22/05/24	6 weeks	9.15am
	Wed	17/04/24 – 22/05/24	6 weeks	10.45am
	Thurs	18/04/24 – 23/05/24	6 weeks	9.15am
	No class Monday 06/05/24			
Iyengar Yoga Sharon Whiteley	Tues	16/04/24 – 21/05/24	6 weeks	8.00pm
Hatha Yoga Gillian Reynolds	Wed	27/03/24 – 08/05/24	7 weeks	8.00pm
Gentle Hatha Yoga Aline Lemos	Fri	19/04/24 – 24/05/24	6 weeks	9.30am
Sivananda Yoga Aline Lemos	Sat	20/04/24 – 18/05/24	5 weeks	9.00am
Hatha Yoga Karen Fox	Tues	TBC	5 weeks	6.00pm
	Thurs	TBC	5 weeks	5.00pm

PILATES

Pilates Charley Taylor Bull	Mon	15/04/24 – 20/05/24	5 weeks	6.00pm
	Mon	15/04/24 – 20/05/24	5 weeks	7.15pm
	Mon	15/04/24 – 20/05/24	5 weeks	8.30pm
	Thurs	18/04/24 – 23/05/24	6 weeks	11.00am
	Thurs	18/04/24 – 23/05/24	6 weeks	12.15pm
	No classes Monday 06/05/24			
Pilates Natalie Taylor	Mon	15/04/24 – 20/05/24	5 weeks	11.45am
	Mon	15/04/24 – 20/05/24	5 weeks	1.00pm
	Tues	16/04/24 – 21/05/24	6 weeks	12 noon
	Thurs	18/04/24 – 23/05/24	6 weeks	6.30pm
	Thurs	18/04/24 – 23/05/24	6 weeks	7.45pm
	Fri	19/04/24 – 24/05/24	6 weeks	11.15am
	No classes Monday 06/05/24			
Pilates Sarah Cocks	Wed	06/03/24 – 24/04/24	7 weeks	5.15pm
	Wed	06/03/24 – 24/04/24	7 weeks	6.30pm
	Wed	01/05/24 – 26/06/24	8 weeks	5.15pm
	Wed	01/05/24 – 26/06/24	8 weeks	6.30pm
	No classes Wednesday 22/05/24			

Pre-booking necessary 01763 247440 info@rchc.co.uk