



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<b>06:15 - 07:00</b> VINYASA*	<b>09:30 - 11:00</b> MINDFUL FLOW <sup>B</sup>	<b>06:15 - 07:00</b> VINYASA*	<b>09:30 - 10:30</b> VINYASA*	<b>06:15 - 07:00</b> YOGA SCULPT*	<b>07:45 - 08:45</b> HOT FLOW**	<b>07:45 - 08:45</b> VINYASA*
<b>09:30 - 10:30</b> VINYASA*	<b>12:30 - 13:30</b> DYNAMIC PILATES	<b>09:30 - 10:30</b> FLOW & RESTORE <sup>B</sup>	<b>09:30 - 10:30</b> BARRE <sup>B</sup>	<b>07:30 - 08:15</b> BARRE <sup>B</sup>	<b>08:00 - 09:00</b> BARRE <sup>B</sup>	<b>09:00 - 10:00</b> VINYASA*
<b>09:30 - 10:30</b> HATHA <sup>B</sup>	<b>18:00 - 19:00</b> VINYASA*	<b>09:30 - 10:30</b> DYNAMIC PILATES	<b>11:00 - 12:00</b> VINYASA*	<b>09:30 - 11:00</b> MINDFUL FLOW <sup>B</sup>	<b>09:00 - 10:00</b> HOT FLOW**	<b>09:15 - 10:15</b> BARRE <sup>B</sup>
<b>11:00 - 12:15</b> PRE-NATAL YOGA <sup>∞</sup>	<b>18:15 - 19:15</b> BARRE <sup>B</sup>	<b>11:00 - 12:15</b> MINDFUL FLOW <sup>B</sup>	<b>12:30 - 13:30</b> DYNAMIC PILATES	<b>11:00 - 12:00</b> HATHA <sup>B</sup>	<b>10:30 - 11:30</b> VINYASA*	<b>10:30 - 11:30</b> FLOW & RESTORE <sup>B</sup>
<b>12:45 - 13:45</b> BARRE <sup>B</sup>	<b>19:30 - 20:30</b> HOT FLOW**	<b>12:45 - 13:45</b> GENTLE PILATES <sup>B</sup>	<b>18:00 - 19:00</b> CANDLELIT RESTORATIVE <sup>∞B</sup>	<b>11:30 - 12:30</b> GENTLE PILATES <sup>B</sup>	<b>10:45 - 11:45</b> HATHA <sup>B</sup>	<b>10:45 - 11:45</b> HATHA <sup>B</sup>
<b>18:00 - 19:00</b> VINYASA*	<b>19:30 - 20:45</b> PRE-NATAL YOGA <sup>∞</sup>	<b>18:00 - 19:00</b> VINYASA*	<b>18:15 - 19:15</b> HATHA <sup>B</sup>	<b>18:00 - 19:00</b> CANDLELIT YIN <sup>B</sup>		<b>17:00 - 18:00</b> CANDLELIT YIN <sup>B</sup>
<b>19:30 - 20:30</b> FLOW & RESTORE <sup>B</sup>		<b>19:30 - 20:30</b> CANDLELIT YIN <sup>B</sup>	<b>19:30 - 20:30</b> VINYASA*	<b>18:00 - 19:00</b> HATHA <sup>B</sup>		
<b>19:45 - 20:45</b> HATHA <sup>B</sup>		<b>19:45 - 20:45</b> DYNAMIC PILATES		<b>19:15 - 20:00</b> YOGA NIDRA <sup>∞B</sup>		

KEY

- \* WARM | 26°C
- \*\* HOT | 32°C
- ∞ PRE-NATAL
- <sup>B</sup> BEGINNER FRIENDLY

See [ebbflowyoga.co.uk](http://ebbflowyoga.co.uk) for courses, workshops, retreats and events