

CHAIR YOGA AT THE RIVERSIDE CENTRE 2019

Tuesdays 2.00-3.00pm

| | SPRING | | SUMMER | | AUTUMN |
|----|---------------------------|----|------------------------|----|----------------------------|
| 1. | 8 th January | 1. | 23 rd April | 1. | 4 th September |
| 2. | 15 th January | 2. | 30 th April | 2. | 10 th September |
| 3. | 22 nd January | 3. | 7 th May | 3. | 17 th September |
| 4. | 29 th January | 4. | 14 th May | 4. | 24 th September |
| 5. | 5 th February | 5. | 21 st May | 5. | 1 st October |
| 6. | 12 th February | | | 6. | 8 th October |
| | | | | 7. | 15 th October |
| | | | | | |
| 1. | 26 th February | 1. | 4 th June | 1. | 29 th October |
| 2. | 5 th March | 2. | 11 th June | 2. | 5 th November |
| 3. | 12 th March | 3. | 18 th June | 3. | 12 th November |
| 4. | 19 th March | 4. | 25 th June | 4. | 19 th November |
| 5. | 26 th March | 5. | 2 nd July | 5. | 26 th November |
| 6. | 2 nd April | 6. | 9 th July | 6. | 3 rd December |
| | | 7. | 16 th July | 7. | 10 th December |
| | | 8. | 23 rd July | 8. | 17 th December |

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