

YOGA AT THE ALICE CROSS CENTRE 2019 - Mondays

Chair Yoga 3.30-4.30pm / Mat Yoga 4.45-5.45pm

	SPRING		SUMMER		AUTUMN
1.	7 th January		Bank Holiday	1.	3 rd September
2.	14 th January	1.	29 th April	2.	9 th September
3.	21 st January		Bank Holiday	3.	16 th September
4.	28 th January	2.	13 th May	4.	23 rd September
5.	4 th February	3.	20 th May	5.	30 th September
6.	11 th February			6.	7 th October
				7.	14 th October
1.	25 th February	1.	3 rd June	1.	28 th October
2.	4 th March	2.	10 th June	2.	4 th November
3.	11 th March	3.	17 th June	3.	11 th November
4.	18 th March	4.	24 th June	4.	18 th November
5.	25 th March	5.	1 st July	5.	25 th November
6.	1 st April	6.	8 th July	6.	2 nd December
		7.	15 th July	7.	9 th December
		8.	22 nd July	8.	16 th December

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