

Chair Yoga at the Riverside Centre – 2018

Tuesdays 2.00 – 3.00pm

	Spring Term		Summer Term		Autumn Term
1.	9 th January	1.	17 th April	1.	11 th September
2.	16 th January	2.	24 th April	2.	18 th September
3.	23 rd January	3.	1 st May	3.	25 th September
4.	30 th January	4.	8 th May	4.	2 nd October
5.	6 th February	5.	15 th May	5.	9 th October
		6.	22 nd May	6.	16 th October
1.	20 th February	1.	5 th June	1.	30 th October
2.	27 th February	2.	12 th June	2.	6 th November
3.	6 th March	3.	19 th June	3.	13 th November
4.	13 th March	4.	26 th June	4.	20 th November
5.	20 th March	5.	3 rd July	5.	27 th November
6.	27 th March	6.	10 th July	6.	4 th December
		7.	17 th July	7.	11 th December
				8.	18 th December

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