

**YOGA AT THE ALICE CROSS CENTRE 2019 - Wednesdays**

Chair Yoga 10.45-11.45am

	<b>SPRING</b>		<b>SUMMER</b>		<b>AUTUMN</b>
1.	9 <sup>th</sup> January	1.	24 <sup>th</sup> April	1.	5 <sup>th</sup> September
2.	16 <sup>th</sup> January	2.	1 <sup>st</sup> May	2.	11 <sup>th</sup> September
3.	23 <sup>rd</sup> January	3.	8 <sup>th</sup> May	3.	18 <sup>th</sup> September
4.	30 <sup>th</sup> January	4.	15 <sup>th</sup> May	4.	25 <sup>th</sup> September
5.	6 <sup>th</sup> February	5.	22 <sup>nd</sup> May	5.	2 <sup>nd</sup> October
6.	13 <sup>th</sup> February			6.	9 <sup>th</sup> October
				7.	16 <sup>th</sup> October
1.	27 <sup>th</sup> February	1.	5 <sup>th</sup> June	1.	30 <sup>th</sup> October
2.	6 <sup>th</sup> March	2.	12 <sup>th</sup> June	2.	6 <sup>th</sup> November
3.	13 <sup>th</sup> March	3.	19 <sup>th</sup> June	3.	13 <sup>th</sup> November
4.	20 <sup>th</sup> March	4.	26 <sup>th</sup> June	4.	20 <sup>th</sup> November
5.	27 <sup>th</sup> March	5.	3 <sup>rd</sup> July	5.	27 <sup>th</sup> November
6.	3 <sup>rd</sup> April	6.	10 <sup>th</sup> July	6.	4 <sup>th</sup> December
		7.	17 <sup>th</sup> July	7.	11 <sup>th</sup> December
		8.	24 <sup>th</sup> July	8.	18 <sup>th</sup> December

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