



YOGA GOREY
www.yogagorey.ie

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AUTUMN **TIMETABLE 2021**

Monday

9.00-12.30	Individual Privates
6.00-7.15pm	Beginners with Dave
7.30-8.45pm	Level 3 with Dave

Tuesday

9.30-12.30	Individual Privates
6.00-7.15pm	Level 1 with Ruth
7.30-8.45pm	Level 2 with Ruth

Wednesday

10.00-11.15am	Chi Gung with Michael- Start date-TBC
6.00-7.15pm	NEW! Beginners with Dave- Starts 13th Oct

Thursday

9.00-12.30	Individual Privates
7.00-8.15pm	Level 1/Open Level with Ruth

Friday

10.30-11.30am	YOGA with Ruth- Open Level
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