

# NEW! Hot Yoga

<b>MONDAY</b>	<b>Hot Vinyasa Flow</b> with Alexandra 7.00-7.45am	<b>Hot Vinyasa Flow</b> with Alexandra 8.00-8.45am	<b>Hot Vinyasa Flow</b> with Constanza 12.15-1pm	<b>Hot Vinyasa Flow</b> with Constanza 1.15-2pm	<b>Hot Vinyasa Flow</b> with Clare 5.15-6pm	<b>Hot Vinyasa Flow</b> with Clare 6.15-7pm
<b>TUESDAY</b>	<b>Hot Vinyasa Flow</b> with Alexandra 7.00-7.45am	<b>Hot Vinyasa Flow</b> with Alexandra 8.00-8.45am	<b>Hot Vinyasa Flow</b> with Drew 12.15-1pm	<b>Hot Vinyasa Flow</b> with Drew 1.15-2pm	<b>Hot Vinyasa Flow</b> with Siobhan 5.15-6pm	<b>Hot Vinyasa Flow</b> with Siobhan 6.15-7pm
<b>WEDNESDAY</b>	<b>Hot Vinyasa Flow</b> with Hannah 7.00-7.45am	<b>Hot Vinyasa Flow</b> with Hannah 8.00-8.45am	<b>Hot Vinyasa Flow</b> with Constanza 12.15-1pm	<b>Hot Vinyasa Flow</b> with Constanza 1.15-2pm	<b>Hot Vinyasa Flow</b> with Nicola 5.15-6pm	<b>Hot Vinyasa Flow</b> with Nicola 6.15-7pm
<b>THURSDAY</b>	<b>Hot Vinyasa Flow</b> with Nicola 7.00-7.45am	<b>Hot Vinyasa Flow</b> with Nicola 8.00-8.45am	<b>Hot Vinyasa Flow</b> with Siobhan 12.15-1pm	<b>Hot Vinyasa Flow</b> with Siobhan 1.15-2pm	<b>Hot Vinyasa Flow</b> with Clare 5.15-6pm	<b>Hot Vinyasa Flow</b> with Clare 6.15-7pm
<b>FRIDAY</b>	<b>Hot Vinyasa Flow</b> with Georgia 7.00-7.45am	<b>Hot Vinyasa Flow</b> with Georgia 8.00-8.45am	<b>Hot Vinyasa Flow</b> with Mandy 12.15-1pm	<b>Hot Vinyasa Flow</b> with Mandy 1.15-2pm	<b>Hot Vinyasa Flow</b> with Drew 5.00-5.45pm	<b>Nurturing Flow</b> with Drew 6.00-7.00pm

**Vinyasa Flow: £12/£14 non-members**

**Nurturing Flow: £12 / £14 non-members**

## WHAT YOU NEED TO KNOW

- Hot Yoga is for every 'body' you do not have to be bendy flexible or thin.
- Do not compare yourself to others in the class, it is just about you.
- Hot Yoga is carried out on your own towel or mat, this prevents you slipping around once sweaty.
- Bring your own towel or mat however mats are available for free.
- Hydrate Hydrate Hydrate before/ during / after your class.
- Chat to your instructor about anything, even if you are just having a bad day.

## CLASS DESCRIPTIONS

### Vinyasa Flow

Our 45 minute signature Vinyasa Flow combines passive and active postures using your breath to deepen the experience both physically and mentally. Your instructor will guide you throughout the class working your body and calming your mind in equal measure.

**Suitable for all levels**

### Nurturing Flow

Relax and unwind at the end of the week in this 1hr bliss-fest! In our lovely studio you will be guided gently through a slower flow, giving you time for reflection whilst nurturing mind and body

**Ideal for beginners or anyone seeking nirvana at the end of a busy week!**