

Weekly Timetable

At 'The Studio'

**liberty
wellbeing**
power from within

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am Coming Soon TBC			6.30am BodyBalance Adam Haylock-Lott	**6.30am Power Pilates Alison Alexander	7.45am Coming Soon TBC	
9.45am Tai Chi Simon Goodwin	9.45am BodyBalance Lisa Bower	9.45am Coming Soon TBC	9.45am Coming Soon TBC	9.45am BodyBalance Susan Bryan	9.00am Beginners & Beyond Yoga Sam Stone	9.00am Functional Yoga Hannah Stewart
1.00pm Beginners & Beyond Yoga Caelia Butcher	1.00pm Coming Soon TBC	1.00pm Pilates - Beginners & Beyond Heidi Weeks	1.00pm Flow Yoga Theresa Samworth	1.00pm Beginners & Beyond Yoga Sam Stone		
6.00pm BodyBalance Lisa Bower	6.00pm Strength Yoga Hannah Stewart	6.00pm Functional Yoga Hannah Stewart	6.00pm Flow Yoga Theresa Samworth			
7.05pm Beginners & Beyond Yoga Caelia Butcher	7.05pm Beginners & Beyond Yoga Sam Stone	7.05pm BodyBalance Susan Bryan	7.05pm Courses & Workshops	**7pm Restorative Yoga Sam Stone		
8.10pm Tai Chi Simon Goodwin	8.10pm Pilates - Beginners & Beyond Heidi Weeks	8.10pm Flow Yoga Theresa Samworth	8.10pm Courses & Workshops			

Community Classes

Mondays - 7.45pm - Mindfulness Meditation with Chelvi at Spearpoint Pavilion, Kennington

Thursdays - 7.30pm - Flow Yoga with Theresa at Spearpoint Pavilion, Kennington

**start
in September

All classes must be booked in advance via www.libertywellbeing.co.uk or the Glofox app