

Class Schedule

Monday

11.30-12.30

Patricia Singh

Vinyasa Flow

Tuesday

10.30-11.30

Patricia Singh

HIIT Yoga

19.30-20.45

Matt Huy

(all) Vinyasa Flow

Wednesday

9.30-10.45

Sally Roper

Hatha Yoga

Thursday

11.30-12.30

Patricia Singh

Dragon Dance
Vinyasa Flow

Friday

9.30-10.30

Patricia Singh

Power Core
Vinyasa Flow

Saturday

9.30-10.45

Sally Roper

Hatha Yoga

Sunday

9.00-10.00

Matt Huy

(beg) Vinyasa Flow

10.15-11.30

Matt Huy

(int) Vinyasa Flow

Pay on booking- 24 hours notice for cancellation.

To book call Red House Spa on 01494 723200 or email relax@redhousespa.co.uk

Subject to possible alteration.

www.redhousespa.co.uk