



The Radiant Hand

2020 TIMETABLE OF ONLINE CLASSES

Day	Time	Class	Teacher
Monday	07:15 – 08:15	Online Breakfast Club Yoga	Amaryllis
	17:30 – 18:15	Online Meditation & Mindfulness	Amaryllis
	18:30 – 19:45	Online Intermediate Dynamic Yoga	Amaryllis
	20:00 – 21:30	Online Dynamic Yoga – Core	Geraldine
Tuesday	17:15 – 18:15	Online Beginners Dynamic Yoga	Susie
	18:30 – 20:00	Online Beginners Anahata Agni Hotra Yoga	Geraldine
	20:15 – 21:45	Online Dynamic Yoga	Geraldine
Wednesday	16:15 – 17:00	Online Parent & Baby Yoga	Geraldine
	18:30 – 19:45	Online Intermediate Yoga	Amaryllis
	20:00 – 21:30	Online Fusion Yoga: Dynamic & Deep Stretch	Geraldine
Thursday	17:15 – 18:15	Online Hatha Yoga	Susie
	18:30 – 19:45	Online Beginner Intermediate Dynamic Yoga	Amaryllis
	20:00 – 21:30	Online Dynamic Yoga	Amaryllis
Friday	10:00 – 11:15	Online Women Only Hatha Yoga	Amaryllis
	12:15 – 13:00	Online Lunchtime Yoga	Susie
Saturday	08:00 – 09:15	Online Early Bird Yoga	Amaryllis
	10:00 – 11:30	Online Beginners Anahata Agni Hotra Yoga	Susie
	12:00 – 13:15	Online Pregnancy Yoga	Geraldine
Sunday	08:00 – 09:15	Online Early Bird Yoga	Geraldine
	10:00 – 11:15	Online Dynamic Yoga – All Levels	Geraldine
	11:30 – 13:00	Online Dynamic Chakra Rebalancing Yoga	Geraldine