



The Radiant Hand

AUTUMN 2019 CLASS TIMETABLE

To block book the same class every week for the term choose your classes, [purchase a class pass](#) and email us info@theradiantand.co.uk with your preferred classes. You will then receive an email confirming your place.

Day	Time	Class	Teacher
Monday	07:15 – 08:15	Breakfast Club	Amaryllis
	17:30 – 18:15	Meditation & Mindfulness 45 minutes	Amaryllis
	18:30 – 19:45	Intermediate Dynamic	Amaryllis
	20:00 – 21:30	Dynamic (Core)	Geraldine
Tuesday	11:15 – 12:30	Parent & Baby	Geraldine
	17:30 – 18:15	Beginners Dynamic 45 minutes	Susie
	18:30 – 19:45	Beginners Anahata Agni Hotra	Geraldine
	20:00 – 21:30	Dynamic	Geraldine
Wednesday	10:00 – 11:15	Hatha	Geraldine
	12:00 – 13:15	Parent & Baby	Geraldine
	16:15 – 17:00	Children's yoga	Amaryllis
	17:15 – 18:15	Dynamic 1 hour	Amaryllis
	18:30 – 19:45	Intermediate	Amaryllis
	20:00 – 21:30	Runners & Cyclists	Geraldine
Thursday	17:15 – 18:15	Hatha	Susie
	18:30 – 19:45	Beginners Intermediate Dynamic	Amaryllis
	20:00 – 21:30	Dynamic	Amaryllis
Friday	07:15 – 08:15	Breakfast Club	Geraldine
	10:00 – 11:15	Women Only Hatha	Amaryllis
	18:30 – 19:45	Beginners Dynamic	Susie
	20:00 – 21:30	Deep Stretch	Geraldine
Saturday	08:00 – 09:15	Early Bird	Amaryllis
	10:30 – 11:45	Beginners Anahata Agni Hotra	Susie
	13:15 – 14:30	Pregnancy Yoga	Geraldine
Sunday	08:00 – 09:15	Early Bird	Geraldine
	10:00 – 11:15	Beginners Intermediate	Geraldine
	11:30 – 13:00	Dynamic Chakra Rebalancing	Geraldine