



The Radiant Hand

AUTUMN / WINTER 2021 CLASS TIMETABLE

Day	Time	Class	Teacher
Monday	18:30 – 19:45	Online Intermediate Dynamic	Amaryllis
	20:00 – 21:30	Online Dynamic (Core)	Geraldine
Tuesday	18:30 – 19:45	Beginners Dynamic @ TRH Studio	Susie
	20:00 – 21:30	Dynamic @ TRH Studio	Geraldine
Wednesday	20:00 – 21:30	Online Dynamic	Geraldine
Thursday	18:30 – 19:45	Online Dynamic	Amaryllis
	20:00 – 21:15	Beginners/Intermediate Dynamic @ TRH Studio	Susie
Saturday	08:00 – 09:15	Online Early Bird	Amaryllis
	10:00 – 11:30	Beginners Anahata Agni Hotra @ TRH Studio	Susie
	12:00 – 13:15	Online Pregnancy Yoga	Geraldine
Sunday	10:00 – 11:15	Online Dynamic All Levels	Geraldine
	11:30 – 13:00	Dynamic Chakra Rebalancing @ TRH Studio	Geraldine