



The  
Radiant Hand

## JAN – APRIL 2022 CLASS TIMETABLE

Day	Time	Class	Teacher
Monday	18:30 – 19:45	Beginners – Intermediate Dynamic Yoga @ TRH Studio	Susie
	20:00 – 21:30	Dynamic Yoga Online & @ TRH Studio	Geraldine
Tuesday	18:30 – 19:45	Beginners Dynamic Yoga @ TRH Studio	Susie
	20:00 – 21:30	Dynamic Yoga @ TRH Studio	Geraldine
Wednesday	20:00 – 21:30	Sculpt Tone & Hone Workshop Online & @ TRH Studio (Weds 12/01 – Fri 11/02 incl)	Stephan
Thursday	18:30 – 19:45	Hatha Yoga @ TRH Studio	Susie
	20:00 – 21:30	Deep Stretch Online	Susie
Friday	20:00 – 21:30	Sculpt, Hone & Tone Workshop Online & @ TRH Studio (Weds 12/01 – Fri 11/02 incl)	Stephan
Saturday	08:00 – 09:15	Early Bird Yoga Online	Geraldine
	10:30 – 11:45	Beginners Anahata Agni Hotra Yoga @ TRH Studio	Susie
Sunday	08:00 – 09:15	Pregnancy Yoga Online & @ TRH Studio	Geraldine
	10:00 – 11:15	Dynamic Yoga All Levels Online & @ TRH Studio	Geraldine
	11:30 – 13:00	Dynamic Chakra Rebalancing Yoga @ TRH Studio	Geraldine