



The  
Radiant Hand

## CLASS TIMETABLE

Day	Time	Class	Teacher
Monday	18:30 – 19:30	Deep Stretch & Yin Yoga Online & @ TRH Studio	Susie
	20:00 – 21:30	Dynamic Yoga Online & @ TRH Studio	Geraldine
Tuesday	18:30 – 19:45	Beginners Dynamic Yoga Online & @ TRH Studio	Susie
	20:00 – 21:30	Dynamic Yoga Online & @ TRH Studio	Geraldine
Thursday	07:45 – 08:45	Early Bird Yoga Online & @ TRH Studio	Susie
	18:30 – 19:45	Intermediate Dynamic Yoga Online & @ TRH Studio	Susie
Saturday	09:30 – 11:00	Beginners Anahata Agni Hotra Yoga Online & @ 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 Online & @ TRH Studio	Geraldine