



The Radiant Hand

WINTER / SPRING TERM 2020 CLASS TIMETABLE

Winter Term 2020 runs from Saturday 4 January – Friday 14 February.

Spring Term 2020 runs from Monday 24 February – Sunday 5 April.

Class passes can be purchased either for one term or to span both terms. To block book the same class every week for the term(s), [purchase a class pass](#) and email us info@theradianthand.co.uk letting us know your preferred classes. You will then receive an email confirming your place.

Day	Time	Class	Teacher
Monday	07:15 – 08:15	Breakfast Club Yoga	Amaryllis
	17:30 – 18:15	Meditation & Mindfulness 45 Minutes	Amaryllis
	18:30 – 19:45	Beginners Dynamic Yoga	Amaryllis
	20:00 – 21:30	Dynamic Yoga – Core	Geraldine
Tuesday	11:00 – 12:15	Mummy & Baby Yoga	Geraldine
	17:15 – 18:15	Beginners Dynamic Yoga 60 Minutes	Susie
	18:30 – 20:00	Beginners Anahata Agni Hotra Yoga	Geraldine
	20:15 – 21:45	Dynamic Yoga	Geraldine
Wednesday	16:15 – 17:00	Children's Yoga	Amaryllis
	17:15 – 18:15	Dynamic Yoga 60 Minutes	Amaryllis
	18:30 – 19:45	Intermediate Yoga	Amaryllis
	20:00 – 21:30	Deep Stretch Yoga	Geraldine
Thursday	17:15 – 18:15	Hatha Yoga	Susie
	18:30 – 19:45	Beginner Intermediate Dynamic Yoga	Amaryllis
	20:00 – 21:30	Dynamic Yoga	Amaryllis
Friday	10:00 – 11:15	Hatha Yoga	Amaryllis
	18:30 – 19:45	Beginners Dynamic Yoga	Susie
Saturday	08:00 – 09:15	Early Bird Yoga	Amaryllis
	10:00 – 11:30	Beginners Anahata Agni Hotra Yoga	Susie
	12:15 – 13:30	Pregnancy Yoga	Geraldine
Sunday	08:00 – 09:15	Early Bird Yoga	Geraldine
	10:00 – 11:15	Beginner Intermediate Dynamic Yoga	Geraldine
	11:30 – 13:00	Dynamic Chakra Rebalancing Yoga	Geraldine