

Monday 29 November

Tuesday 30 November

Wednesday 1 December

Thursday 2 December

Friday 3 December

Saturday 4 December

Sunday 5 December

In the art gallery: Present Maker - South Hams Arts Forum
Monday - Saturday 10 am - 5 pm, Sundays 11 am - 3 pm

Yoga
with Emily Price
Tapas Room (2nd floor)
8 - 9 am

Budokan Yoga
with Susie Williams
Amrita Room (1st floor)
9.30 - 10.30 am

Open Level Hatha
with Catherine Seymour
Tapas Room (2nd floor)
10 - 11.15 am
& 11.30 - 12.45 pm

KASHAC
Art Studio (2nd floor)
1.30 - 4.30 pm

Flow with the Seasons Yoga
with Sophie Darling
Amrita Room (1st floor)
6 - 7.10 pm

Hatha Fusion Yoga
with Lucie Minne
Spanda Studio (Quay Lane)
6.30 - 8 pm

Flow & Restore Yoga
with Sarah Scott
Tapas Room (2nd floor)
7 - 8 pm

Yin Yoga
with Sophie Darling
Amrita Room (1st floor)
7.30 - 9 pm

Rise & Shine Yoga
with Sophie Darling
Tapas Room (2nd floor)
7.30 - 8.30 am

Vinyasa Flow Yoga
with Jules Turner
Tapas Room (2nd floor)
9.30 - 10.30 am

Extend: Keep Fit
with Susan Kershaw
Spanda Studio (Quay Lane)
2 - 2.50 pm & 3 - 4 pm

Yoga
with Georgina Lynch
Tapas Room (2nd floor)
6.30 - 7.30 pm

Dynamic Hatha Yoga
with Sarah Scott
Spanda Studio (Quay Lane)
7 - 8 pm

KASHAC
Art Studio (2nd floor)
9.30 am - 5.30 pm

Flow-to-Restore Yoga
with Amy Sayer
Spanda Studio (Quay Lane)
10 - 11.15 am

Pilates
with Aimie Freeston
Tapas Room (2nd floor)
10 - 11 am

Pilates
with Justine Besch
Amrita Room (1st floor)
6 - 7 pm & 7.10 - 8.10 pm

Tai Chi
with Derek Bates
Spanda Studio (Quay Lane)
7 - 9pm

Stretch & Development
with Sam and Emma
Tapas Room (2nd floor)
8 - 9 pm

Budokan Yoga
with Susie Williams
Amrita Room (1st floor)
9.30 - 10.30 am

Pilates
with Aimie Freeston
Tapas Room (2nd floor)
10 - 11 am

Hatha Fusion Yoga
with Lucie Minne
Spanda Studio (Quay Lane)
10 - 11.30 am

Stretch & Development
with Sam and Emma
Spanda Studio (Quay Lane)
3 - 4 pm

Yin/Yang Yoga
with Martina Edmonds
Spanda Studio (Quay Lane)
5.30 - 7 pm

Yoga
with Georgina Lynch
Spanda Studio (Quay Lane)
7.30 - 8.30 pm

Pilates
with Justine Besch
Amrita Room (1st floor)
9.30 - 10.30 am

Vinyasa Flow Yoga
with Jules Turner
Tapas Room (2nd floor)
9.30 - 10.30 am

Ashtanga Yoga
with Stephen Harding
Spanda Studio (Quay Lane)
9.30 - 11.30 am

Life Drawing
Art Studio (2nd floor)
10.30 am - 1 pm

Musical Theatre Classes
for children
with Miss Charlotte
Tapas Room (2nd floor)
4 pm - 7.45 pm

Friday Night Yoga
with Ina Dittfurth or
Sophie Darling
Spanda Studio (Quay Lane)
6 - 7 pm

Café closed today

Rise & Energise Yoga
with Sophie Darling
Spanda Studio (Quay Lane)
8 - 9 am

Café closed today

Kung Fu
with Bill Spraggs
Spanda Studio (Quay Lane)
11 am - 12 noon

