

YOGA4ALL TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga for Adults 9.30-10.30am St Marks Hall, St Marks Field, Rochford, SS4 1PT Instructor: Amy (Term-Time only)	Community Parent and Toddler Yoga 9.30-10.15am Friar's Children's Centre, Shoeburyness Instructor: Amy (6-week block during Term-Time)	Parent and Toddler Yoga 10-10.45am Leigh Community Centre Instructor: Amy (6-week block during Term-Time)	Chair Yoga 10-10.45am Bradfordbury Court, Leigh Instructor: Stephanie	Community Chair Yoga 9.30-10.15am War Memorial Hall, Canvey Instructor: Stephanie	Yoga in the Woods 9-10am Belfair's Woods, outside the Woodlands Centre (May-Sept) Instructor: Keeley
	Community Mother & Baby Yoga 10.30-11.30am Friar's Children's Centre, Shoeburyness Instructor: Amy (6-week block during Term-Time)	Mother & Baby Yoga 11am-12noon Leigh Community Centre Instructor: Amy (6-week block during Term-Time)	Community Yoga 10-11am Balmoral Community Centre, Westcliff Instructor: Angelita Li	SEN Chair Yoga 11-11.45am The Novel Coffee Shop, Southend Instructor: Keeley	
	Community Pregnancy Yoga 12-1pm Friar's Children's Centre, Shoeburyness Instructor: Amy (6-week block during Term-Time)	Community Yoga 6.30-7.30pm Pitsea Leisure Centre Instructor: Laura (Term-Time only)		Community Chair Yoga 12-12.45pm Balmoral Community Centre, Westcliff Instructor: Keeley & Angelita Li (Term-Time only)	
	Kids Yoga 5-9yrs 4.15-5pm Leigh Community Centre, Instructor: Hayley (6-week block during Term-Time)	Yoga for Adults 7.30-8.30pm Leigh Community Centre, Instructor: Keeley (Term-Time only)			
	Kids Yoga 10-14yrs 5.15-6pm Leigh Community Centre, Instructor: Hayley (6-week block during Term-Time)	Kids Yoga 5-9yrs 4-4.45pm Kids Yoga 10-14yrs 5-5.45pm Christ Church, United reformed Church, Crown Hill, Rayleigh SS6 7HA Instructor: Hayley (6-week block during Term-Time)			
	Special Needs Yoga 5-5.45pm Leigh Community Centre, Instructor: Keeley & Kerrie (6-week block during Term-Time)	Kids Yoga 5-9yrs 4.30-5.10pm Kids Yoga 10-14yrs 5.15-6pm St Lukes Centre, Saint Lukes Road, Southend, SS2 4AB Instructor: Hayley (6-week block during Term-Time)			
	Pregnancy Yoga 6.30-7.30pm Leigh Community Centre, Instructor: Amy (6-week block during Term-Time)				

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