

# Wellness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1:1 Yoga and Pilates Sessions</b> Available on request! For bookings please call 633060					
5.30 – 6.30 p.m.  <b>Movement Therapy Class</b>  (Beniamin) For bookings please call 633060	5.30 – 6.45 p.m.  <b>Embodied Resilience Yoga</b> (Henrietta) For bookings please call 633060	5.30 – 6.30 p.m.  <b>Movement Therapy Class</b>  (Beniamin) For bookings please call 633060	5.30 – 6.30 p.m.  <b>Pilates Class</b>  (Shefa) For bookings please call 633060		10.30 a.m. – 11.30 p.m.  <b>Pilates Class</b>  (Shefa) For bookings please call 633060