

## Class Timetable starting January 7th 2020

I have always believed that our minds and bodies benefit from constant learning and development no matter how old we are. With this in mind, I have brought together an amazing team of experts and teachers to offer you a fulfilling and fun learning experience. Classes include yoga, mindfulness, art, languages and open focus.

### Classes Information

Monday	Book Club (monthly) 11.00am - 1.00pm
Tuesday	Pilates 9.30am - 10.30am Yoga 4.00pm - 5.00pm Writers Gym 7.00pm - 9.00pm* Kid's Boxercise 6.00pm - 7.00pm** Adult Boxercise 7.00pm - 8.00pm**
Wednesday	French 10.00 am - 11.00pm Spanish 11.00am - 12.00pm Chair Yoga 3.00pm - 4.00pm
Thursday	Dynamic Yoga 9.15am - 10.15am Dynamic Yoga 10.45am - 11.45am Yoga 7.00pm - 8.15pm
Friday	Pilates 9.30am - 10.30am

\* alternates with Boxercise

\*\* alternates with Writers Gym



For more details visit:  
[www.rosieqs.co.uk/theshed](http://www.rosieqs.co.uk/theshed)

or call Jocelyn on  
**0208 605 2175**