



GONG SPACE
HOLISTICS

CLASS TIMETABLE

DAY

CLASSES

Monday

Closed

Tuesday

10:00 - 11:00 - Beginners Yoga with Neil

18:30 - 19:30 - Restorative Yoga with Neil

Wednesday

10:00 - 19:30 - Community and Space Hire

Thursday

18:30 - 19:30 - Pilates with Danielle

18:30 - 19:30 - Qi Gong with Lily

18:45 - 19:30 - *Beginners Meditation with Ash

Friday

12:00 - 13:00 - Yoga Dance with Isabel

18:00 - 19:00 - Hot Prana Flow Yoga with Kirsty

18:30 - 19:30 - Pilates with Danielle

Saturday

10:00 - 11:00 - Aerial Yoga with Neil

10:30 - 11:30 - Beginners Yoga with Sat

Sunday

17:15 - 18:15 - Hot Yoga with Kirsty

18:30 - 19:30 - Yin Yoga with Kirsty

18:30 - 19:30 - Gong & Sound Bath

www.gongspace.co.uk

*Runs on alternate weeks - please check our app or website for exact dates.