

## SPACE 238 - CHRISTMAS AND NEW YEAR SCHEDULE

Monday 23rd December		Thursday 26th December		Special Events and Workshops	
07.00 - 08.00	Rise & Shine Vinyasa Flow with Holly	<del>07.00 - 08.00</del>	Vinyasa Flow Yoga with James	27th December	
<del>10.00 - 11.00</del>	<del>Morning Flow with Lena</del>	09.15 - 10.15	Yoga for Feeling Good with Lel	19.30 - 21.30	Sharing Circle with Nina
11.30 - 12.30	Yoga for the Soul with Seanie	<del>10.30 - 12.30</del>	<del>The Empowerment Class with Christopher</del>	29th December	
17.30 - 18.30	Forrest-Style Vinyasa with Ranta	12.30 - 13.30	The Empowerment Class with Christopher	13.00 - 16.30	New Year Metamorphosis with Megan
<del>18.45 - 17.45</del>	<del>Playful Flow Yoga with Igne</del>	17.30 - 18.30	Dynamic Tantrik Flow with Megan	<p>Classes and workshops running at Space 238 over Christmas and the New Year.</p> <p>Classes can be paid for via Move GB or drop in and pay cash on the day. Most classes have space for drop in but to be sure of a space book via Move GB or our studio app. To download the app search for Wellness Living, Achieve.</p> <p>Please arrive 10 to 15 minutes before the start of the class. Once the class has started, you will not be able to get into the studio.</p> <p>The studio includes mats and props, and is heated. For slower classes, we recommend you bring a warm top and wear leggings or a tracksuit. In general, loose comfortable clothing is best for all activities at Space 238.</p> <p>On behalf of Space 238 and all the teachers who work here, we wish you a wonderful Christmas and a joyous New Year.</p>	
20.00 - 22.00	The Playful Body: physical theatre with Igne	18.45 - 17.45	Elemental Flow with Kitty		
Tuesday 24th December		Friday 27th December			
07.00 - 08.00	Morning Hatha Flow with Megan	07.00 - 08.00	Vinyasa Flow with Megan		
<del>10.00 - 11.00</del>	<del>Flow to Restore with Carolyn</del>	10.00 - 11.00	Dynamic Yoga with Kitty		
<del>11.15 - 12.15</del>	<del>Gentle Meditative Flow with Ailsa</del>	11.15 - 12.15	Breath Mastery with Christopher		
<del>17.30 - 18.30</del>	<del>Breath Flow Yoga with Jez</del>	12.30 - 13.30	<del>Stretch &amp; Flow with Holly</del>		
18.45 - 17.45	Forrest-Inspired Flow Yoga with Alice	17.30 - 18.30	Vinyasa Flow with Anna		
20.00 - 22.00	Salsa - beginners and improvers	19.30 - 22.30	Workshops and Events		
Wednesday 25th December		Saturday 28th December			
<del>07.00 - 08.00</del>	<del>Morning Hatha Flow Yoga with Noemie</del>	09.00 - 10.15	Power Flow with Jude		
<del>08.45 - 09.45</del>	<del>Ashtanga with Gae</del>	10.30 - 12.00	Vinyasa Flow with Fay		
<del>10.00 - 11.00</del>	<del>Intuitive Vinyasa Flow with Anna</del>	12.30 - 22.30	Workshops and Events		
11.15 - 12.15	Dynamic Flow Yoga with Tom	Sunday 29th December			
<del>16.00 - 17.00</del>	<del>OTR's Yoga &amp; Relaxation with Lel</del>	09.45 - 11.00	Vinyasa Flow with Fay		
<del>17.30 - 18.30</del>	<del>Vinyasa Flow with Ranta</del>	11.30 - 12.30	Blissful Rest. & Yoga Nidra with Ailsa/Megan		
<del>18.45 - 17.45</del>	<del>Hatha Flow with Elena</del>	18.00 - 19.00	Sunday Chill with Carolyn		
<del>20.00 - 21.15</del>	<del>Vinyasa Soma Flow with Vinnett</del>	19.30 - 22.30	Workshops and events		

## SPACE 238 - CHRISTMAS AND NEW YEAR SCHEDULE

Monday 30th December		Thursday 2nd January		Special Events and Workshops	
07.00 - 08.00	Rise & Shine Vinyasa Flow with Holly	07.00 - 08.00	Vinyasa Flow Yoga with James	4th January	
<del>10.00 - 11.00</del>	<del>Morning Flow with Lena</del>	09.15 - 10.15	Yoga for Feeling Good with Lel	12.30 - 16.00	New Year Fearless Heart Yoga with Megan
11.30 - 12.30	Yoga for the Soul with Seanie	10.30 - 12.30	The Empowerment Class with Christopher	5th January	
<del>17.30 - 18.30</del>	<del>Forrest-Style Vinyasa with Ranta</del>	12.30 - 13.30	The Empowerment Class with Christopher	13.30 - 17.30	Acro Yoga with Michelle
<del>18.45 - 17.45</del>	<del>Playful Flow Yoga with Igne</del>	17.30 - 18.30	Dynamic Tantrik Flow with Megan	<p>Classes and workshops running at Space 238 over Christmas and the New Year.</p> <p>Classes can be paid for via Move GB or drop in and pay cash on the day. Most classes have space for drop in but to be sure of a space book via Move GB or our studio app. To download the app search for Wellness Living, Achieve.</p> <p>Please arrive 10 to 15 minutes before the start of the class. Once the class has started, you will not be able to get into the studio.</p> <p>The studio includes mats and props, and is heated. For slower classes, we recommend you bring a warm top and wear leggings or a tracksuit. In general, loose comfortable clothing is best for all activities at Space 238.</p> <p>On behalf of Space 238 and all the teachers who work here, we wish you a wonderful Christmas and a joyous New Year.</p>	
<del>20.00 - 22.00</del>	<del>The Playful Body: physical theatre with Igne</del>	18.45 - 17.45	Elemental Flow with Kitty		
Tuesday 31st December		Friday 3rd January			
07.00 - 08.00	Morning Hatha Flow with Megan	07.00 - 08.00	Vinyasa Flow with Megan		
<del>10.00 - 11.00</del>	<del>Flow to Restore with Carolyn</del>	10.00 - 11.00	Dynamic Yoga with Kitty		
11.15 - 12.15	Gentle Meditative Flow with Ailsa	11.15 - 12.15	Breath Mastery with Christopher		
<del>17.30 - 18.30</del>	<del>Breath Flow Yoga with Jez</del>	12.30 - 13.30	Stretch & Flow with Holly		
<del>18.45 - 17.45</del>	<del>Forrest-Inspired Flow Yoga with Alice</del>	17.30 - 18.30	Vinyasa Flow with Anna		
20.00 - 22.00	Salsa - beginners and improvers	19.30 - 22.30	Workshops and Events		
Wednesday 1st January		Saturday 4th January			
<del>07.00 - 08.00</del>	<del>Morning Hatha Flow Yoga with Noemie</del>	09.00 - 10.15	Power Flow with Jude		
<del>08.45 - 09.45</del>	<del>Ashtanga with Cae</del>	10.30 - 12.00	Vinyasa Flow with Fay		
<del>10.00 - 11.00</del>	<del>Intuitive Vinyasa Flow with Anna</del>	12.30 - 22.30	Workshops and Events		
11.15 - 12.15	Dynamic Flow Yoga with Tom	Sunday 5th January			
<del>16.00 - 17.00</del>	<del>OTR's Yoga &amp; Relaxation with Lel</del>	09.45 - 11.00	Vinyasa Flow with Fay		
<del>17.30 - 18.30</del>	<del>Vinyasa Flow with Ranta</del>	11.30 - 12.30	Blissful Rest. & Yoga Nidra with Ailsa/Megan		
<del>18.45 - 17.45</del>	<del>Hatha Flow with Elena</del>	18.00 - 19.00	Sunday Chill with Carolyn		
20.00 - 21.15	Vinyasa Soma Flow with Vinnett	19.30 - 22.30	Workshops and events		