

# YOGA - PILATES - TAI CHI

in the centre of Oakham



## MORNING & AFTERNOON CLASSES

MONDAYS	10:00 - 11:00	Strength with Grace <b>Yoga</b>
	11:30 - 12:30	Beginners <b>Yoga</b> "Firm Foundations"
TUESDAYS	11:00 - 12:00	<b>Tai Chi</b>
WEDNESDAYS	09:30 - 10:30	<b>Pilates</b> Core Strength
	11:00 - 12:00	<b>Pilates</b> Gentle Flow
THURSDAYS	09:30 - 10:30	Slow Flow <b>Yoga</b>
	11:00 - 12:00	Silver Stretch <b>Yoga</b> (for over 55s)
	17:30 - 18:30	Ashtanga <b>Yoga</b>
FRIDAYS	12:00 - 13:15	Warm Restorative <b>Yoga</b>
	17:30 - 18:30	Vinyasa <b>Yoga</b> OR <b>Meditation</b> (see timetable online)

SEE OUR FULL TIMETABLE, INCLUDING EVENING CLASSES & WORKSHOPS AT

[WWW.OAKOM.CO.UK](http://WWW.OAKOM.CO.UK)

EMAIL : [OAKOMYOGA@GMAIL.COM](mailto:OAKOMYOGA@GMAIL.COM)

TEL: 07535 223 866

FIND US : 7 CHURCH PASSAGE, OAKHAM, LE15 6DR

(WE ARE BEHIND THE ALL SAINTS CHURCH NEXT TO CASTLE COTTAGE)