



The Radiant Hand

JAN – MARCH 2023 CLASS TIMETABLE

Day	Time	Class	Teacher
Monday	18:30 – 19:30	Pranayama & Meditation	Susie
	20:00 – 21:30	Dynamic Yoga Online & @ TRH Studio	Geraldine
Tuesday	18:30 – 19:45	Beginners Dynamic Yoga @ TRH Studio	Emma
	20:00 – 21:30	Dynamic Yoga Online & @ TRH Studio	Geraldine
Thursday	18:30 – 19:45	Hatha Yoga Online & @ TRH Studio	Susie
	20:00 – 21:30	Advanced Dynamic Yoga Online & @ TRH Studio	Stephan
Saturday	08:00 – 09:15	Early Bird Yoga Online & @ TRH Studio	Amaryllis
	10:00 – 11:30	Beginners Anahata Agni Hotra Yoga Online & @ TRH Studio	Susie
Sunday	08:00 – 09:15	Pregnancy Yoga Online & @ TRH Studio	Geraldine
	10:00 – 11:15	Dynamic Yoga All Levels Online & @ TRH Studio	Geraldine
	11:30 – 13:00	Dynamic Chakra Rebalancing Yoga Online & @ TRH Studio	Geraldine