



Yogatree Autumn 2010

Class Schedule

Fourteen week term starts 7th September & runs to 18th December

Week	Day	Date	Location	Morning	Evening
Week 1	Tuesday	7 th September	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	8 th September	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	9 th September	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	11 th September	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	
Week 2	Tuesday	14 th September	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	15 th September	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	16 th September	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	18 th September	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	
Week 3	Tuesday	21 st September	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 <i>Advanced</i> 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	22 nd September	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	23 rd September	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	25 th September	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	

Week	Day	Date	Location	Morning	Evening
Week 4	Tuesday	28 th September	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	29 th September	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	30 th September	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	2 nd October	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	
Week 5	Tuesday	5 th October	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	6 th October	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	7 th October	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	9 th October	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	
Week 6	Tuesday	12 th October	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	13 th October	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	14 th October	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	16 th October	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	
Week 7	Tuesday	19 th October	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	20 th October	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	21 st October	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	23 rd October	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	

Tuesday 26th October to Saturday 30th October
Midterm break – No Yoga Classes

Week	Day	Date	Location	Morning	Evening
Week 8	Tuesday	2 nd November	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	3 rd November	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	4 th November	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	6 th November	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	
Week 9	Tuesday	9 th November	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	10 th November	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	11 th November	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	13 th November	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	
Week 10	Tuesday	16 th November	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	17 th November	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	18 th November	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	20 th November	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	
Week 11	Tuesday	23 rd November	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	24 th November	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	25 th November	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	27 th November	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	

Week	Day	Date	Location	Morning	Evening
Week 12	Tuesday	30 th November	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	1 st December	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	2 nd December	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	4 th December	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	
Week 13	Tuesday	7 th December	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	8 th December	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	9 th December	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	11 th December	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	
Week 14	Tuesday	14 th December	Ashford, <i>Hunters Hotel</i> <i>(Small hall regulars only)</i>		18.45 - 20.15 Advanced 20.30 - 22.00 <i>Mixed Ability</i>
	Wednesday	15 th December	Ashford, <i>Yogatree Studio at Home</i>	10.30 - 12.00 <i>Mixed Ability</i>	18.45 - 20.15 Beginners 20.30 - 22.00 <i>Men's Yoga</i>
	Thursday	16 th December	Laragh, <i>Brockagh Centre</i> Wicklow, <i>Ecology Centre, Convent</i>	10.30 - 12.00 Advanced	18.45 - 20.00 Easy Yoga 18.30 - 20.00 Restorative 20.15 - 21.45 <i>Vinyasa Flow</i>
	Saturday	18 th December	Wicklow, <i>Ecology Centre, Convent</i>	10.00 - 11.30 <i>Mixed Ability</i>	

Please book classes in advance as some venues are popular & get full quickly.

**FLEXIBLE ENROLMENT ALLOWS YOU to visit other VENUES to use
all the CLASSES YOU'VE PAID FOR**

Note: The HUNTERS CLASSES ARE FULLY BOOKED, NO SPACE FOR 'VISITORS' FROM OTHER VENUES.

***Pregnant ladies* welcome to selected classes - call for details.**

**Men welcome to most classes - book to secure your place in a class
where there will always be other gentlemen.**