

THE PADDOCK ROOM

@Hawksfield_Cornwall

| MONDAY | | | |
|---------------|---|---|--|
| 9.30 - 10.30 | Marina Huxley Pilates | Improvers/Intermediate | info@marinahuxleypilates.com |
| 10.40 - 11.40 | Marina Huxley Pilates | Intermediate/Advanced | |
| 15.30 - 16:30 | Marina Huxley Pilates | Beginners/Gentle | |
| 17:00 - 18:00 | Marina Huxley Pilates | Beginners/Gentle | |
| 18:00 - 19:00 | Marina Huxley Pilates | Intermediate | |
| 19:00 - 20:00 | Marina Huxley Pilates | Intermediate | |
| TUESDAY | | | |
| 8.15 - 9.15 | Marina Huxley Pilates | Improvers/Intermediate | info@marinahuxleypilates.com |
| 9.30 - 10.30 | Marina Huxley Pilates | Beginners/Gentle | |
| 10.45 - 11.45 | Marina Huxley Pilates | Improvers/Intermediate | |
| 13:00 - 16:00 | Private Class | | |
| 19:30 - 20:40 | Maxine Scarlett Yoga | Vinyasa Flow Yoga | yoga@maxinescarlett.co.uk |
| WEDNESDAY | | | |
| 08:00 - 09:00 | Jane Everett | Yoga | soulalchemyyoga@icloud.com |
| 09:30 - 10:30 | Jane Everett | Yoga | soulalchemyyoga@icloud.com |
| 17:00 - 18:00 | Thai Chi Movements For Wellbeing | 8 Week Term | artofpresence@me.com |
| THURSDAY | | | |
| 09:00 - 10:00 | Mind Body Dance | Body Ballet | mindbodydanceuk@gmail.com |
| 11:00 - 12:00 | | | |
| 16:00 - 16:45 | Mind Body Dance | Kids Dance Class | mindbodydanceuk@gmail.com |
| 18:00 - 19:30 | Gong Sound Meditation runs the first Thursday of each month | Sue Johnson | No booking required |
| 18:45 - 19:45 | Maxine Scarlett Yoga | Vinyasa Flow Yoga | yoga@maxinescarlett.co.uk |
| FRIDAY | | | |
| 09:30 - 10:45 | Kathryn Caslise Yoga | Yoga | kosmickathryn@hotmail.com |
| SATURDAY | | | |
| 10:00 - 12:00 | Jenny Ella | Monthly Yoga Workshops | www.jennyella.com |
| 13:00 - 14:30 | Ilona Webber | Monthly Meditation Dance Circle Workshops | ilona.weber@btinternet.com |