

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	
18:00 - 19:00	Maxine Scarlett Yoga	Yoga	yoga@maxinescarlett.co.uk
19:30 - 20:40	Suzanne Little	Vinyasa Flow Yoga	suzanne@sunlightyoga.co.uk
WEDNESDAY			
17:00 - 18:00	Thai Chi Movements For Wellbeing	8 Week Term	artofpresence@me.com
18:00 - 19:00	Thai Chi Movements For Wellbeing	8 Week Term	artofpresence@me.com
THURSDAY			
09:00 - 10:00	Mind Body Dance	Body Ballet	mindbodydanceuk@gmail.com
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	suejohnson1955@hotmail.com
FRIDAY			
09:30 - 10:45	Kathryn Caslise Yoga	Yoga	kosmickathryn@hotmail.com
SATURDAY MONTHLY			
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