

Class Timetable

Framingham Earl Sports Centre

Accurate as of 05/02/2025

Times for Friday 24 January



| Time | Session | Facility | Instructor |
|---------------|-------------------|--------------|------------|
| 18:00 - 18:45 | Dynamic Flow Yoga | Dance Studio | Lucia |
| 18:45 - 19:30 | Relaxation Yoga | Dance Studio | Lucia |