



# Amala health and wellbeing

CLASSES AND VENUES FROM JANUARY 2018

DAY	CLASS	TIME	VENUE
Monday	<b>Beginners Pilates</b>	10:15 - 11:00	BSC
	<b>Hatha Yoga</b>	11:45 - 13:00	AQU
	<b>Body Balance</b>	13:05 - 13:35	AQU
	<b>Body Balance</b>	17:30 - 18:30	BSC
	<b>Hatha Yoga</b>	18:35 - 19:35	BSC
Wednesday	<b>Pilates</b>	10:00 - 11:00	VCC
	<b>Hatha Yoga</b>	11:15 - 12:15	VCC
	<b>Pilates</b>	13:15 - 14:00	VP
Thursday	<b>Hatha Yoga</b>	10:00 - 11:00	BSC
	<b>Hatha Yoga</b>	11:45 - 13:00	AQU
	<b>Body Balance</b>	17:30 - 18:30	BSC
	<b>Hatha Yoga</b>	18:40 - 19:40	BSC
Friday	<b>Beginners Pilates</b>	10:15 - 11:00	BSC
Saturday	<b>Hatha Yoga Workshops</b>	Dates, times & venues <b>T.B.C.</b>	

Venue key: **BSC** = Basingstoke Sports Centre, Festival Place

**AQU** = Basingstoke Aquadrome, RG22 6PG

**VCC** = Viables Craft and Community Centre, RG22 4BJ

**VP** = Viewpoint, Basing View, RG21 4RG

Find us on 

All abilities welcome. Please discuss with the instructor, prior to the class, any injuries or medical conditions you may have.

**For enquiries concerning all Classes, Workshops, Personal Training, Dietary Advice, Yoga Accessories, and Meditation Artwork, please contact Elaine:**

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