

Hot yoga
11:00 - 60 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Vinyasa
09:30 - 60 Minutes

Liddy Scarlett
Dharma Yoga Stud...

Hot Vinyasa
09:30 - 60 Minutes

Sophie Ng
Dharma Yoga Stud...

Hot Slow Flow
09:30 - 60 Minutes

Matt Mulligan
Dharma Yoga Stud...

Hot yoga
07:30 - 60 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Barre Fusion
09:30 - 60 Minutes

Sarah Bushma
Dharma Yoga Stud...

Hot yoga
10:00 - 90 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Barre Fusion
12:00 - 60 Minutes

Sarah Bushma
Dharma Yoga Stud...

Athletic Pilates
11:00 - 45 Minutes

Susie Sutton-Llo...
Dharma Yoga Stud...

Hot Power Flow
18:00 - 60 Minutes

Sophie Ng
Dharma Yoga Stud...

Hot Movement Flow
12:30 - 60 Minutes

Matt Mulligan
Dharma Yoga Stud...

Dharma III
12:00 - 60 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Yoga Nidra
13:15 - 60 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Hot Vinyasa
18:00 - 60 Minutes

Liddy Scarlett
Dharma Yoga Stud...

Restorative Yoga
19:15 - 60 Minutes

Sophie Ng
Dharma Yoga Stud...

Hot Slow Flow
18:00 - 60 Minutes

Matt Mulligan
Dharma Yoga Stud...

Pranayama and Med...
13:15 - 60 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Hot Dharma flow
18:00 - 60 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Hot Dharma flow
18:00 - 60 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Slow flow & restore
19:15 - 60 Minutes

Liddy Scarlett
Dharma Yoga Stud...

Restorative Yoga
19:15 - 60 Minutes

Sophie Ng
Dharma Yoga Stud...

Hot Slow Flow
18:00 - 60 Minutes

Matt Mulligan
Dharma Yoga Stud...

Hot Yoga
18:00 - 90 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Hot Dharma flow
18:00 - 60 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Hot Dharma flow
18:00 - 60 Minutes

Gráinne Morgan
Dharma Yoga Stud...

Sunday 25th

Monday 26th

Tuesday 27th

Wednesday 28th

Thursday 29th

Friday 30th

Saturday 31st