



VENTNOR BOTANIC GARDEN

WELLBEING SCHEDULE

MON	10:00-11:00	TAI CHI with TONY BELLIS (Intermediate)
	13:30-15:00	CREATIVE DANCE with MICHELLE
TUES	09:30-11:00	HATHA YOGA with TRISH CAMBELL
	10:00-11:00	RELEASE with FIREBIRD
	12:00-13:00	QIGONG with GARRY
WEDS	09:30-10:30	TAI CHI with TONY BELLIS (Beginners)
	10:30-11:30	TAI CHI with TONY BELLIS (Intermediate)
	12:00-13:00	SUNSHINE SESSIONS with FIREBIRD
THUR	10.30-11.30	CHAIR BURLESQUE with COCO MONROE
	10:30-11:30	RE-FLOW YOGA with HELENA
	12:00-13:00	QIGONG with GARRY
FRI	09:30-11:00	BRITISH YOGA WHEEL with MARK HOLDEN
	11:15-12:15	TAI CHI with TONY BELLIS (Advanced)
	18:00-19.00	BEGINNERS SALSA CLASS
SAT	10:00-11:00	Re-flow Yoga with Helena

For more details on our Wellbeing classes, please visit -
botanic.co.uk/wellbeing