

CLASS TIMETABLE

MONDAY

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TUESDAY

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WEDNESDAY

10.30–12.00

Yoga & Meditation

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

10.30–12.00

Yoga

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PLEASE MAKE YOUR BOOKING AT THE UTOPIA SPA RECEPTION.

Classes are subject to availability and holiday periods.

CLASS TIMETABLE

YOGA

Relaxing and spiritual classes offering peace and calm to the body and mind using yogic stretches and concentrated breathing to relax and strengthen. Followed by a mind and body meditation section.

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