



## Class Timetable wc/17th January 2022

Monday 17th	
7-8am	Rise & Shine Yoga
8-9am	Morning Workout
9-10am	Reflexology
10-11am	Tai Chi Refresh
10-11am	The Happiness Hub
11am-12pm	Style Coach
12-1pm	History in Music
12-1pm	Mindfulness & Breathwork
1-2pm	Get Vocal
3:30-4:30pm	Painting Watercolour
4-5pm	Pilates
6-7pm	Folk Music Monday
7-8pm	Evening Meditation
8-9pm	Yin Yoga for Sleep

Tuesday 18th	
7-8am	Pilates
8-9am	Strength & Energy Workout
9:30-10:30am	Hatha Yoga
10-11am	Life Coach & Well-Being
10-11am	Bollywood Dancing
11am-12pm	Connected Beauty
12-1pm	Purpose, Passion, Grit
12-1pm	Nutritional Chef
1-2pm	Old Masters Academy
1-2pm	Spanish Language
2-3pm	Creative Writing
3-4pm	Abstract Art
5-6pm	Core Pilates
6-7pm	Cockney Sing-a-long
6-7pm	Purpose, Passion, Grit Replay
7-8pm	Wellbeing Wind Down

Wednesday 19th	
7- 8am	Strength & Energy Workout
8-9am	Whole Body Workout
8:30-9am	Meditation
9- 10am	Introduction To Yoga
10-11am	Nutrition Club
10-11am	Tai Chi
11am-12pm	Happiness Hub
12-1pm	Inside Story
12-1pm	Style Coach
12:30-1:30pm	Yoga CBT
1-2pm	History In Art
2-3pm	Art Techniques
3-4pm	Cooking Cuisine
4- 5pm	Dance
5-6pm	Strength & Cardio
7-8pm	Wellbeing Wind Down
8-9pm	Breathworks

Thursday 20th	
7-8 am	Strength & Energy Workout
8-9 am	Kundalini Yoga
9-10am	Tai Chi
10-10:30am	Tech Support
10-11am	Mobility Flow
10-11am	Meditation
11am-12pm	Life Coach & Wellbeing
12-1pm	Mindfulness & Yoga
12-1pm	The Inside Story
1-2pm	Indian Cooking
2-3pm	French Language
13-4pm	Painting - Entry Level
4-5pm	Whole Body Workout
5-6pm	Afternoon Yoga
6-7pm	Age Well
7-8pm	Wellbeing Wind Down
8-9pm	Yin Yoga For Sleep
10-11pm	Inside Story Replay

Friday 21st	
7-8am	Morning Yoga
8-9am	Tai Chi
8:30-9am	Meditation
9-9:30am	Entry Level Workout
9:30-10am	Whole Body Workout
10-11am	Zumba
10-10:30am	Journaling
11am-12pm	Nutrition Focus
11am-12pm	Music & Mood Hub
12-1pm	Inside Story
1-2pm	Introduction to Art
2-3:30pm	Poetry
4-4:30pm	Massage
5-6pm	Mindfulness & Relaxation
6-7pm	Friday Inside Story Replay

Saturday 22nd	
7-8am	Strength & Energy Workout
8-9am	Kundalini Yoga
9-10am	Core Pilates
10-10:30am	Massage
10-11am	Core & Balance Workout
12-1pm	Goldster Choir
4-5pm	Mobility Flow
5-6pm	Chair Yoga & Dance

Sunday 23rd	
8am-9am	Strength & Energy Workout
9am-10am	Introduction to Tai Chi
9am-10am	Reflexology & Music
11am-12am	Contemporary Ballet

Due to the nature of live classes, there may be occasional changes to the schedule. Please check the website for live class information: [www.goldster.co.uk/all-classes/](http://www.goldster.co.uk/all-classes/)

To find Goldster on social media search for @GoldsterClub.

To contact Goldster please email [team@goldster.co.uk](mailto:team@goldster.co.uk)



## Class Timetable wc/24th January 2022

Monday 24th	
7-8am	Rise & Shine Yoga
8-9am	Morning Workout
9-10am	Reflexology
10-11am	Tai Chi Refresh
10-11am	The Happiness Hub
11am-12pm	Style Coach
12-1pm	History in Music
12-1pm	Mindfulness & Breathwork
1-2pm	Get Vocal
3:30-4:30pm	Painting Watercolour
4-5pm	Pilates
6-7pm	Folk Music Monday
7-8pm	Evening Meditation
8-9pm	Yin Yoga for Sleep

Tuesday 25th	
7-8am	Pilates
8-9am	Strength & Energy Workout
9:30-10:30am	Hatha Yoga
10-11am	Life Coach & Well-Being
10-11am	Bollywood Dancing
11am-12pm	Connected Beauty
12-1pm	Nutritional Chef
1-2pm	Old Masters Academy
1-2pm	Spanish Language
2-3pm	Creative Writing
3-4pm	Abstract Art
5-6pm	Core Pilates
5-6pm	Chair Yoga & Dance
6-7pm	Cockney Sing-a-long
7-8pm	Wellbeing Wind Down

Wednesday 26th	
7- 8am	Strength & Energy Workout
8-9am	Whole Body Workout
8:30-9am	Meditation
9- 10am	Introduction To Yoga
10-11am	Nutrition Club
10-11am	Tai Chi
11am-12pm	Happiness Hub
12-1pm	Style Coach
12:30-1:30pm	Yoga CBT
1-2pm	History In Art
2-3pm	Art Techniques
3-4pm	Cooking Cuisine
4- 5pm	Dance
5-6pm	Strength & Cardio
7-8pm	Wellbeing Wind Down
8-9pm	Breathworks

Thursday 27th	
7-8 am	Strength & Energy Workout
8-9 am	Kundalini Yoga
9-10am	Tai Chi
10-10:30am	Tech Support
10-11am	Meditation
11am-12pm	Life Coach & Wellbeing
12-1pm	Mindfulness & Yoga
12-1pm	The Inside Story
1-2pm	Indian Cooking
2-3pm	French Language
3-4pm	Painting - Entry Level
4-5pm	Whole Body Workout
5-6pm	Afternoon Yoga
6-7pm	Inside Story Replay
7-8pm	Wellbeing Wind Down
8-9pm	Yin Yoga For Sleep

Friday 28th	
7-8am	Morning Yoga
8-9am	Tai Chi
8:30-9am	Meditation
9-9:30am	Entry Level Workout
9:30-10am	Whole Body Workout
10-11am	Zumba
10-10:30am	Journaling
11am-12pm	Nutrition Focus
11am-12pm	Music & Mood Hub
12-1pm	Book Club
1-2pm	Introduction to Art
2-3:30pm	Poetry
4-4:30pm	Massage
5-6pm	Mindfulness & Relaxation

Saturday 29th	
7-8am	Strength & Energy Workout
8-9am	Kundalini Yoga
9-10am	Core Pilates
10-10:30am	Massage
10-11am	Core & Balance Workout
12-1pm	Goldster Choir
2-4pm	Paint & Sip
4-5pm	Mobility Flow
5-6pm	Chair Yoga & Dance

Sunday 30th	
8am-9am	Strength & Energy Workout
9am-10am	Introduction to Tai Chi
9am-10am	Reflexology & Music
11am-12am	Contemporary Ballet

Due to the nature of live classes, there may be occasional changes to the schedule. Please check the website for live class information: [www.goldster.co.uk/all-classes/](http://www.goldster.co.uk/all-classes/)

To find Goldster on social media search for @GoldsterClub.

To contact Goldster please email [team@goldster.co.uk](mailto:team@goldster.co.uk)