

Taster Class Evening



Saturday 19th January
4.45pm – 9pm
£2 per class



- 3.30pm Welcome and introduction to Tranquility with Kerrie
- 4.00pm Smart Guard Self Defence for Women with Atilla
- 4.30pm Qi Gung with Attila
- 5.00pm Tribal Belly Dancing with Amanda
- 5.30pm Sivananda Yoga with Amy
- 6.00pm Dru Yoga with Susan
- 6.30pm Pilates with Jo
- 7.00pm Dru Flow Yoga with Veronica
- 7.30pm Tranquil Yoga with Kerrie
- 8.00pm Inner Dance Meditation with Kerrie
- 8.30pm Gong Bath Meditation with Sandra

Come along and meet our lovely teachers and find out what is on offer in our peaceful studio

www.tranquilityevents.co.uk
169 High Rd, Chilwell, NG9 5BA



Taster Class Evening



Saturday 19th January
4.45pm – 9pm
£2 per class



- 3.30pm Welcome and introduction to Tranquility with Kerrie
- 4.00pm Smart Guard Self Defence for Women with Atilla
- 4.30pm Qi Gung with Attila
- 5.00pm Tribal Belly Dancing with Amanda
- 5.30pm Sivananda Yoga with Amy
- 6.00pm Dru Yoga with Susan
- 6.30pm Pilates with Jo
- 7.00pm Dru Flow Yoga with Veronica
- 7.30pm Tranquil Yoga with Kerrie
- 8.00pm Inner Dance Meditation with Kerrie
- 8.30pm Gong Bath Meditation with Sandra

Come along and meet our lovely teachers and find out what is on offer in our peaceful studio

www.tranquilityevents.co.uk
169 High Rd, Chilwell, NG9 5BA



Taster Class Evening



Saturday 19th January
4.45pm – 9pm
£2 per class



- 3.30pm Welcome and introduction to Tranquility with Kerrie
- 4.00pm Smart Guard Self Defence for Women with Atilla
- 4.30pm Qi Gung with Attila
- 5.00pm Tribal Belly Dancing with Amanda
- 5.30pm Sivananda Yoga with Amy
- 6.00pm Dru Yoga with Susan
- 6.30pm Pilates with Jo
- 7.00pm Dru Flow Yoga with Veronica
- 7.30pm Tranquil Yoga with Kerrie
- 8.00pm Inner Dance Meditation with Kerrie
- 8.30pm Gong Bath Meditation with Sandra

Come along and meet our lovely teachers and find out what is on offer in our peaceful studio

www.tranquilityevents.co.uk
169 High Rd, Chilwell, NG9 5BA



Taster Class Evening



Saturday 19th January
4.45pm – 9pm
£2 per class



- 3.30pm Welcome and introduction to Tranquility with Kerrie
- 4.00pm Smart Guard Self Defence for Women with Atilla
- 4.30pm Qi Gung with Attila
- 5.00pm Tribal Belly Dancing with Amanda
- 5.30pm Sivananda Yoga with Amy
- 6.00pm Dru Yoga with Susan
- 6.30pm Pilates with Jo
- 7.00pm Dru Flow Yoga with Veronica
- 7.30pm Tranquil Yoga with Kerrie
- 8.00pm Inner Dance Meditation with Kerrie
- 8.30pm Gong Bath Meditation with Sandra

Come along and meet our lovely teachers and find out what is on offer in our peaceful studio

www.tranquilityevents.co.uk
169 High Rd, Chilwell, NG9 5BA

