

Tracy's Course Dates

MS-UK chair yoga classes will be at 2pm on these dates

Induction Day 1	September 28 th 2022
Day 2	October 26 th 2022
Day 3	November 23 rd 2023
Day 4	January 11 th 2023
Day 5	February 1 st 2023
Day 6	March 1 st 2023
Day 7	March 29 th 2023
Day 8	April 26 th 2023
Day 9	June 14 th 2023
Day 10	July 12 th 2023
Day 11	September 8 th 2023 (Friday afternoon of DCT weekend)
Day 12	September 27 th 2023
Day 13	November 1 st 2023
Day 14	November 29 th 2023
Day 15	January 10 th 2024
Day 16	February 7 th 2024
Day 17	March 6 th 2024
Day 18	March 27 th 2024

Otherwise Chair Yoga classes as normal at 11.15 and 12.15 on all other Wednesdays