



## WEEKLY CLASSES TIMETABLE

Day	Time	Instructor	Class	Room	Price
Monday	9.30 - 10:15am	Maggie O'Loughlin	Meditation class	Studio	£5 per session, booking essential contact <a href="mailto:maggieoloughlin1962@gmail.com">maggieoloughlin1962@gmail.com</a>
	6.00 - 7.15pm	Maggie O'Loughlin	Hatha Yoga - suitable for all abilities	Studio	£8 per session - to book contact <a href="mailto:maggieoloughlin1962@gmail.com">maggieoloughlin1962@gmail.com</a>
	7:30 - 8:30pm	Maggie O'Loughlin	Gentle healing Hatha yoga - suitable for all abilities	Studio	£8 per session - to book please contact <a href="mailto:maggieoloughlin1962@gmail.com">maggieoloughlin1962@gmail.com</a>
Tuesday	6.30 - 7.15pm	Jane Bishop	Meditation for All	Studio	£5.00 - contact <a href="mailto:jane.savitriyoga@hotmail.co.uk">Jane savitriyoga@hotmail.co.uk</a> to book your place
	7.30 - 9.00pm	Jane Bishop	Ante-Natal Yoga	Studio	6 week course - £84.00 for both days (option to pay £14 weekly after 32 weeks) contact <a href="mailto:jane.savitriyoga@hotmail.co.uk">Jane savitriyoga@hotmail.co.uk</a> to book your place
Wednesday	9.30 - 10.30am	Jane Bishop	Yoga Breakfast Club <i>Yoga, tea/coffee, breakfast snack</i>	Studio	£12 - Limited spaces, booking essential
	10.45 -12.15pm	Jane Bishop	Ante-Natal Yoga	Studio	6 week course - £84.00 for both days (option to pay £14 weekly after 32 weeks) contact <a href="mailto:jane.savitriyoga@hotmail.co.uk">Jane savitriyoga@hotmail.co.uk</a> to book your place
	12.30 - 2.00pm	Jackie Bailey	Gentle Hatha Yoga - Beginner to intermediate	Studio	£8.00 or £7.00 when booking 6-8 week block
	7.30 - 8.30pm	Jackie Bailey	Mindful movement and meditation	Studio	Block bookings - 6 week sessions £50 or 12 week sessions £99. Please email Jackie; <a href="mailto:jamb56@gmail.com">jamb56@gmail.com</a> to book.
Thursday	9:30 - 11:30am	Faye Smith	Pilates	Studio	£8 per session - to book please contact Faye: <a href="mailto:faye_runciman@hotmail.com">faye_runciman@hotmail.com</a> / 07849782713
	11.45 -12.45pm	Sally Haynes-Preece	Qigong Tai Chi - All abilities	Studio	£8 - Limited spaces, booking essential <a href="mailto:krystalwolfhc@gmail.com">krystalwolfhc@gmail.com</a>
	6.00 - 6.45pm	Jane Bishop	Meditation For All	Studio	£5
	7.00 - 8.30pm	Jane Bishop	Ante-Natal Yoga	Studio	6 week course - £84.00 for both days (option to pay £14 weekly after 32 weeks)
Friday	6.00 - 6.45pm	Maggie O'Loughlin	Meditation class	Studio	£5 per session, booking essential. <a href="mailto:maggieoloughlin1962@gmail.com">maggieoloughlin1962@gmail.com</a>
Saturday	9.30 - 11.00am	Jane Bishop	Gentle Healing Yoga	Studio	£8.00
	11.30 - 12.45pm	Jane Bishop	Beginners Hatha Yoga	Studio	£8.00