



THE WISHING WELL

WEEKLY CLASSES TIMETABLE

Day	Time	Instructor	Class	Room	Price
Monday	7.30 - 8.45pm	Anya Hawkes	Fierce Love Yoga <i>Core Strength Vinyasa Yoga dedicated to honouring, nourishing and celebrating yourself in every way! Lots of flow with anatomy detailing.</i>	Studio	Classes are £30 per month for one class per week £10 drop-in if space is available.
Tuesday	6.30 - 7.15 pm	Jane Bishop	Meditation for All	Studio	£5.00
	7.30 - 9.00 pm	Jane Bishop	Ante-Natal Yoga	Studio	6 week course - £84.00 for both days (option to pay £14 weekly after 32 weeks)
Wednesday	9.30 - 10.30 am	Jane Bishop	Yoga Breakfast Club <i>Yoga, tea/coffee, breakfast snack</i>	Studio	£10 - Limited spaces, booking essential
	11.00 -12.00pm	Sally Haynes-Preece	Qigong Tai Chi - All abilities	Studio	£8 - Limited spaces, booking essential
	1.00 - 2.30 pm	Jackie Bailey	Hatha Yoga - Beginner to intermediate	Studio	£8.00 or £7.00 when booking 6-8 week block
	7.30 - 9.00 pm	Jackie Bailey	Hatha Yoga <i>Beginner to intermediate</i>	Studio	£8.00 or £7.00 when booking 6-8 week block
Thursday	9.30 - 10.30am	Lara Darby	Hatha Vinyasa	Studio	£8 drop in or £70 for 10 classes card valid for 6 months. First class on 19th January is a FREE Taster Session!
	6.00 - 6.45pm	Jane Bishop	Meditation For All	Studio	£5
	7.00 - 8.30 pm	Jane Bishop	Ante-Natal Yoga	Studio	6 week course - £84.00 for both days (option to pay £14 weekly after 32 weeks)
Friday	7.30 - 8.30pm	Graeme Eccles	Sports Performance Yoga	Studio	Starting 6th January 2017. 6 week block £48 or £10 drop-in
Saturday	9.30 - 11.00 am	Jane Bishop	Gentle Healing Yoga	Studio	£8.00
	11.30 - 12.45 pm	Jane Bishop	Beginners Hatha Yoga	Studio	£8.00