



## 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>
	6.15 - 7.15pm	Faye Jones	Grounding in Yoga - Beginner	Studio	£8 or £70 for block of 10 to be used across both classes within 4 months
	7.30 - 8.45pm	Anya Hawkes	Fierce Love Yoga Core Strength Vinyasa Yoga dedicated to honouring, nourishing and celebrating yourself in every way! Lots of flow with anatomy detailing.	Studio	Classes are £30 per month for one class per week £10 drop-in if space is available.
Tuesday	6.30 - 7.15pm	Jane Bishop	Meditation for All	Studio	£5.00
	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)
Wednesday	9.30 - 10.30am	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	Workshop	£8 - Limited spaces, booking essential
	1.00 - 2.30pm	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	£8.00 or £7.00 when booking 6-8 week block. 6 week course - £50. Please email Jackie - <a href="mailto:jqmb56@gmail.com">jqmb56@gmail.com</a> to book
Thursday	6.00 - 6.45pm	Jane Bishop	Meditation For All	Studio	£5
	6.15 - 7.15pm	Faye Jones	Grounding in Yoga - Beginner	Studio	£8 or £70 for block of 10 to be used across both classes within 4 months
	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	10.00 - 11.15am	Yvonne Toms	Authentic, nourishing style yoga, creating strength with your core relationship.		Classes are £10 drop in or £8 if you pre book monthly sessions. Please email <a href="mailto:Yvonne-toms@live.co.uk">Yvonne-toms@live.co.uk</a> for more information and bookings.
	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>
	7.30 - 8.30pm	Graeme Eccles	Sports Performance Yoga	Studio	6 week block £48 or £10 drop-in
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