



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 maggieoloughlin1962@gmail.com
	12:30 - 1:30pm	Emma Mitchell	Ante natal Pilates	Studio	Introductory offer (1 month) block of 5 sessions for £35, email emmitchell24@hotmail.com to book
	1:30 - 2:30pm	Emma Mitchell	Pilates	Studio	Introductory offer (1 month) block of 5 sessions for £35, email emmitchell24@hotmail.com to book
	6.00 - 7.15pm	Maggie O'Loughlin	Hatha Yoga - suitable for all abilities	Studio	£8 per session - to book contact maggieoloughlin1962@gmail.com
	7:30 - 8:30pm	Maggie O'Loughlin	Gentle healing Hatha yoga - suitable for all abilities	Studio	£8 per session - to book please contact maggieoloughlin1962@gmail.com
Tuesday	10.00 - 11.30am	Jane Bishop	Gentle Healing Yoga	Studio	Drop in price £12 per session. Special Deal Pass: Pay for 10 classes and get 11th free. £100 (£10 per session) with 4 months to use your pass.
	6.30 - 7.15pm	Jane Bishop	Meditation for All	Studio	£5.00 - contact Jane savitriyoga@hotmail.co.uk 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 Jane savitriyoga@hotmail.co.uk 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 Jane savitriyoga@hotmail.co.uk to book your place
Thursday	9:30 - 10:45am	Yvonne Toms	Core Strength Vinyasa Yoga, all abilities	Studio	Studio - £8/class with monthly payment options, contact yvonne_toms@live.co.uk
	11.45 - 12.45pm	Sally Haynes-Preece	Qigong Tai Chi - All abilities	Studio	£8 - Limited spaces, booking essential krystalwolfhc@gmail.com
	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	10.00 - 11.30am	Toni Shadforth	Core Strength Vinyasa yoga - suitable for beginners to intermediate	Studio	£8 per session - contact toni_shadforth@yahoo.co.uk to book
	6.00 - 6.45pm	Maggie O'Loughlin	Meditation class	Studio	£5 per session, booking essential. maggieoloughlin1962@gmail.com
Saturday	9.30 - 11.00am	Jane Bishop	Gentle Healing Yoga	Studio	Drop in price £12 per session. Special Deal Pass: Pay for 10 classes and get 11th free. £100 (£10 per session) with 4 months to use your pass.
	11.30 - 12.45pm	Jane Bishop	Beginners Hatha Yoga	Studio	£8.00