



THE WISHING WELL

WEEKLY CLASSES TIMETABLE

| Day | Time | Instructor | Class | Room | Price |
|-----------|-----------------|----------------|---|----------|--|
| Monday | 9:30 - 10:30am | Helen Whatmore | Mindfulness Meditation | Studio | £5 per session, to book contact helenwhatmore06@gmail.com |
| | 10:30 - 11:30am | Jenny Startin | Pilates | Studio | £60 for 6 week course, contact Jenny to book 07843 023306 or email pilateswithjenny@hotmail.co.uk |
| | 12:30 - 1:30pm | Emma Mitchell | Antenatal Pilates | Studio | Block of 5 sessions £45, email emmitchell24@hotmail.com to book |
| | 1:30 - 2:30pm | Emma Mitchell | Pilates | Studio | Block of 5 sessions £40, email emmitchell24@hotmail.com to book |
| | 6.00 - 6.45pm | Jane Doyle | Meditation Class | Studio | £5 per session, book your place contact janedoylejanedoyle@gmail.com |
| | 7:00 - 8:00pm | Jenny Startin | Pilates | Studio | £60 for 6 week course, contact Jenny to book 07843 023306 or email pilateswithjenny@hotmail.co.uk |
| 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 - £90.00 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 - £90.00 for both days (option to pay £14 weekly after 32 weeks) contact Jane savitriyoga@hotmail.co.uk to book your place |
| | 7.30 -9.00pm | Jane Bishop | Hatha 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 |
| 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 |
| | 11:00 - 12:00 | Jenny Startin | Pilates | Studio | £60 for 6 week course, contact Jenny to book 07843 023306 or email pilateswithjenny@hotmail.co.uk |
| | 6.00 - 6.45pm | Jane Bishop | Meditation For All | Studio | £5 |
| | 7.00 - 8.30pm | Jane Bishop | Ante-Natal Yoga | Studio | 6 week course - £90.00 for both days (option to pay £14 weekly after 32 weeks) |
| Friday | 6.00 - 7.00pm | Samantha Bray | Guided Meditation | Workshop | Workshop - £6 per session, to book contact beauchie@hotmail.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 |