



WEEKLY CLASSES TIMETABLE

Day	Time	Instructor	Class	Room	Price
Monday	9.30 - 10.30am	Lara Darby	Hatha Vinyasa	Studio	£8 for a block booking of 6 or more sessions OR £10 drop-in **STARTS Monday 11th September 2017**
	6.15 - 7.15pm	Faye Jones	Grounding in Yoga - Beginner <i>Lay the foundations of your yoga practice</i>	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	Hatha Yoga - Beginner to intermediate	Studio	£8.00 or £7.00 when booking 6-8 week block
	7.30 - 9.00pm	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 for a block booking of 6 or more sessions OR £10 drop-in
	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	7.30 - 8.30pm	Graeme Eccles	Sports Performance Yoga	Studio	Starting 6th January 2017. 6 week block £48 or £10 drop-in
Saturday	8.00 - 9.00am	Faye Jones	Yoga Cross Train - Beginner to Intermediate <i>Incorporating the traditional foundations hatha yoga together with a healthy dose of strength & flexibility</i>	Studio	£8 or £70 for block of 10 to be used across both classes within 4 months
	9.30 - 11.00am	Jane Bishop	Gentle Healing Yoga	Studio	£8.00
	11.30 - 12.45pm	Jane Bishop	Beginners Hatha Yoga	Studio	£8.00
Sunday	10.00 - 11:00am	Faye Jones	Grounding in Yoga - Beginner <i>Lay the foundations of your yoga practice</i>	Studio	£8 or £70 for block of 10 to be used across both classes within 4 months