

Studio Timetable

	Morning		Evening			
Pilates						
Hatha Yoga						
Vinyasa Flow						
Mon	09.30-10.30 Intermediate	10.45-11.45 Improvers	17.00-18.00 Improvers	18.00-19.00 Intermediate	19.00-20.00 Improvers	
Tues				18.00-19.00 Improvers	19.00-20.00 Improvers	20.00-21.00 Intermediate
Weds		10.45-12.00 Hatha Yoga			19.00-20.30 Hatha Yoga	
Thurs			17.00-18.00 Improvers	18.00-19.00 Improvers	19.00-20.15 Hatha Yoga	20.30-21.30 Vinyasa Flow
Fri	09.30-10.30 Intermediate					
Sat	08.45-10.15 Hatha Yoga					

For further information please call 01273 461155