

# Studio Class Timetable



	Pilates		Yoga		Vinyasa Flow			
	Morning				Evening			
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			17.50-18.50 Beginners	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				18.00-19.15 Yoga for Lower Back Health		
Sat		08.45-10.00 Hatha Yoga	10.15-11.30 Hatha Yoga					

For further information please call 01273 461 155

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