

Studio Class Timetable

	Pilates	Yoga	Vinyasa Flow
	Morning		Evening
Mon		09.30-10.30 Intermediate	10.45-11.45 Improvers
Tues			17.00-18.00 Improvers
Weds			18.00-19.00 Intermediate
Thurs			19.00-20.00 Improvers
Fri			20.00-21.00 Intermediate
Sat			
Mon			17.00-18.00 Improvers
Tues			18.00-19.00 Improvers
Weds		10.45-12.00 Hatha Yoga	17.50-18.50 Beginners
Thurs			19.00-20.30 Hatha Yoga
Fri			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