

STUDIO YOGA SUMMER HOLIDAY CLASSES JULY-AUG 2017

Date:	Class:	Time:	Teacher:
Tues 18 July	Hatha Yoga	7.00pm - 8.15pm	Tamsin
Wed 19 July	Gentle Yoga	10.45am - 12 noon	Tamsin
Fri 21 July	Iyengar Yoga	9.30am - 11.00am	Carolyn
<i>Mon 24 July</i>	<i>Yoga for All</i>	<i>9.00am - 10.15am</i>	<i>Tamsin</i>
<i>Tues 25 July</i>	<i>Hatha Yoga</i>	<i>7.00pm - 8.15pm</i>	<i>Tamsin</i>
<i>Wed 26 July</i>	<i>Gentle Yoga</i>	<i>10.45am - 12 noon</i>	<i>Tamsin</i>
<i>Fri 28 July</i>	<i>Iyengar Yoga</i>	<i>9.30am - 11.00am</i>	<i>Carolyn</i>
Mon 31 July	Yoga for All	9.00am - 10.15am	Tamsin
Tues 1 Aug	Hatha Yoga	7.00pm - 8.15pm	Tamsin
Wed 2 Aug	Pilates for All	9.00am - 10.00am	Anneli
Wed 2 Aug	Gentle Yoga	11.30am - 12.45pm	Tamsin
Fri 4 Aug	Iyengar Yoga	9.30am - 11.00am	Carolyn
<i>Mon 7 Aug</i>	<i>Yoga for All</i>	<i>9.00am - 10.15am</i>	<i>Tamsin</i>
<i>Tues 8 Aug</i>	<i>Hatha Yoga</i>	<i>7.00pm - 8.15pm</i>	<i>Tamsin</i>
<i>Wed 9 Aug</i>	<i>Pilates for All</i>	<i>9.00am - 10.00am</i>	<i>Anneli</i>
<i>Wed 9 Aug</i>	<i>Gentle Yoga</i>	<i>11.30am - 12.45pm</i>	<i>Tamsin</i>
<i>Fri 11 Aug</i>	<i>Iyengar Yoga</i>	<i>9.30am - 11.00am</i>	<i>Tamsin</i>
Mon 14 Aug	Yoga for All	9.00am - 10.15am	Tamsin
Tues 15 Aug	Hatha Yoga	7.00pm - 8.15pm	Tamsin
Wed 16 Aug	Pilates for All	9.00am - 10.00am	Anneli
Wed 16 Aug	Gentle Yoga	11.30am - 12.45pm	Tamsin
<i>Wed 23 Aug</i>	<i>Pilates for All</i>	<i>9.00am - 10.00am</i>	<i>Anneli</i>
<i>Fri 25 Aug</i>	<i>Iyengar Yoga</i>	<i>9.30am - 11.00am</i>	<i>Carolyn</i>
Tues 29 Aug	Hatha Yoga	7.00pm - 8.15pm	Tamsin
Wed 30 Aug	Pilates for All	9.00am - 10.00am	Anneli
Wed 30 Aug	Gentle Yoga	11.30am - 12.45pm	Tamsin

Everyone welcome at any class! Keep up your practice over the summer or come and try something new.

All classes are run on a drop-in basis and subject to demand. £12 per session, please book and pay in advance at www.studioyoga.co.uk or at the Studio.

E: info@studioyoga.co.uk T: 07764 949317