

## STUDIO YOGA SPRING TERM TIMETABLE 2018: Fri Jan 5th - Thurs March 29th

Half term week for most classes: Feb 10th - Feb 16th but please check with your teacher

To book classes - online: [studioyoga.co.uk](http://studioyoga.co.uk), email: [info@studioyoga.co.uk](mailto:info@studioyoga.co.uk) or call: 07764 949317 T: 01264 811158

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00-10.15 <b>Yoga for All</b> Mixed Ability Teacher: Tamsin Kelly	9.00-10.30 <b>Hatha Yoga</b> Intermediates Teacher: Tamsin Kelly	9.15-10.15 <b>Pilates</b> Beginners Teacher: Mandy Robinson	8.30-9.30 <b>Yoga Express</b> Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 <b>Iyengar Yoga</b> Mixed Ability Teacher: Carolyn Ryan	9.15-10.30 <b>Yoga Flow</b> Mixed Ability Teacher: Jo Wheeler
10.30-11.30 <b>Pilates</b> Over 70s Teacher: Mandy Robinson	10.50-11.50 <b>Pilates</b> Intermediate Teacher: Mandy Robinson	10.45-12.00 <b>Gentle Yoga</b> Beginners Teacher: Tamsin Kelly	9.45-11.15 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly		11.00-12.00 <i>Studio available for 1:1 tuition &amp; workshops</i>
11.45-12.45 <i>Studio available for 1:1 tuition</i>	12.00-1.00 <i>Studio available for 1:1 tuition</i>	12.15-1.15 <i>Studio available for 1:1 tuition</i>	11.30-12.30 <b>Pilates</b> Improvers Teacher: Anneli McCullagh	11.30-1.00 (from 19/01/18) <b>Mindfulness Based Stress Reduction</b> Teacher: Dr Gail Loudon	12.00-1.00 <i>Studio available for 1:1 tuition &amp; workshops</i>
1.00-2.30 <i>Studio available for 1:1 tuition</i>	1.00-2.30 <i>Studio available for 1:1 tuition</i>		12.40-1.40 <b>Back from injury Pilates</b> Teacher: Anneli McCullagh		1.00-2.00 <i>Studio available for 1:1 tuition &amp; workshops</i>
		2.00-3.00 <i>Studio available for 1:1 tuition</i>	2.00-3.00 <i>Studio available for 1:1 tuition</i>	2.00-3.00 <i>Studio available for 1:1 tuition &amp; workshops</i>	2.00-3.00 <i>Studio available for 1:1 tuition &amp; workshops</i>
3.00-6.00 <i>Studio available for 1:1 tuition</i>	3.00-6.00 <i>Studio available for 1:1 tuition</i>	3.00-6.00 <i>Studio available for 1:1 tuition</i>	3.00-6.00 <i>Studio available for 1:1 tuition</i>	3.00-6.00 <i>Studio available for 1:1 tuition &amp; workshops</i>	3.00-6.00 <i>Studio available for 1:1 tuition &amp; workshops</i>
6.00-7.15 <b>Yoga for Healthy Lower Backs Course</b> Teacher: Tamsin Kelly	6.00-7.00 <b>Yoga Express</b> Mixed Ability Teacher: Tamsin Kelly				
7.30-8.30 <b>Pilates</b> Beginners/Improvers Teacher: Mandy Robinson	7.15-8.45 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly	7.30-9.00 <b>Iyengar Yoga</b> Mixed Ability Teacher: Carolyn Ryan	7.30-8.45 <b>Yoga for Beginners</b> Beginners Teacher: Belinda Middleton		

**Start/finish dates for each course may vary, so please check the website for the latest information and T&Cs**

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### **Prices and additional information:**

#### **YOGA:**

**Yoga Express: £77 (11 week term)**

**All other general yoga classes: £99 (11 week term)**

**Yoga for Healthy Lower Backs £190 (12 week programme, includes course materials)**

**Drop-in prices for Yoga: Yoga Express: £10 per session. All other classes: £12 per session.**

#### **PILATES:**

**All Pilates courses: £110**

**Drop-in prices for Pilates: £14 per session, Pilates for Seniors: £11**

#### **INDIVIDUAL TUITION FOR YOGA & PILATES**

**1-2 People: £45 for a 60 minute session, £55 for a 75 minute session.**

**Small group (3-4 people): £55 for a 60 minute session, £65 for a 75 minute session**

#### **MINDFULNESS BASED STRESS REDUCTION:**

**8 week course beginning on 19th January. Cost £245 (includes course materials)**

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