

## STUDIO YOGA SUMMER TERM TIMETABLE 2018: Sat April 14th - Sat July 14th

Half term week for most classes: May 28th - June 2nd 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> (ends 16/07) 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> (ends 21/07) Mixed Ability Teacher: Jo Dowey
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> (ends 05/07) Improvers Teacher: Anneli McCullagh	12.00-1.00 <i>Studio available for 1:1 tuition &amp; workshops</i>	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>Pilates</b> (ends 05/07) Beginners Teacher: Anneli McCullagh	1.00-2.00 <i>Studio available for 1:1 tuition &amp; workshops</i>	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>
6.00-7.30 <b>Iyengar Yoga</b> Mixed Ability Teacher: Carolyn Ryan	6.00-7.00 <b>Yoga Express</b> Mixed Ability Teacher: Tamsin Kelly	6.00-7.15 <b>Yoga for Healthy Lower Backs Course</b> Teacher: Tamsin Kelly			
7.45-8.45 <b>Pilates</b> Beginners/Improvers Teacher: Mandy Robinson	7.15-8.45 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly		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: £84 (12 week term)**

**All other general yoga classes: £108 (12 week term), except the following: -**

**Monday Iyengar Yoga: £81 (9 week term),**

**Saturday Yoga Flow: £126 (14 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:**

**Anneli's Pilates classes: £110 (11 weeks)**

**Mandy's Pilates classes: £120 (12 weeks)**

**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**

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