

## STUDIO YOGA SPRING TERM TIMETABLE 2019: Fri Jan 4th - Mon April 8th

Half term week for most classes: Feb 18th - Feb 23rd 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	9.15-10.30 <b>Vinyasa Flow</b> Mixed Ability Teacher: Kathryn Campling	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 Dowey
10.30-11.30 <b>Barre</b> Beginners Teacher: Dani Jones	11.00-12.00 <i>Studio available for 1:1 tuition</i>	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		11.00-1.00 (from 02/03) <b>Mindfulness - Deepen Your Practice</b> Teacher: Dr Gail Loudon
11.45-12.45 <i>Studio available for 1:1 tuition</i>	12.00-1.00 <i>Studio available for 1:1 tuition</i>	12.30-1.45 <b>Yoga for Healthy Lower Backs</b> Teacher: Tamsin Kelly	11.30-12.30 <b>Pilates</b> Beginners Teacher: Martha Cook	11.30-12.30 (starts 08/03) <b>Yoga for Beginners</b> 4 week course Teacher: Tamsin Kelly	
1.00-2.30 <i>Studio available for 1:1 tuition</i>	1.00-2.30 <i>Studio available for 1:1 tuition</i>		12.45-1.45 <b>Pilates</b> Intermediate Teacher: Martha Cook	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>	1.30-3.00/3.30 <b>Monthly Yoga workshops</b> Teacher: Tamsin Kelly	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				
	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**

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**Prices and additional information:**

**YOGA (12 week term):**

Yoga Express: £90.00

All other general yoga classes: £108

Yoga for Healthy Lower Backs: £195, includes course materials

4 week Yoga beginners course (starts 08/03/2019): £32

Drop-in prices for Yoga: 60 minute classes: £10. All other classes: £12.

Monthly workshops £15 - £20, specialist workshops, see website for prices.

**PILATES & BARRE:**

12 week course of Pilates or Barre: £120, 4 week course £40

Drop-in prices for Pilates: £14 per session.

**INDIVIDUAL TUITION FOR YOGA & PILATES**

**1-2 People:** £49 for a 60 minute session, £60 for 75 minutes.

Block of 3 60 minute classes paid in advance: £135 (all sessions to be taken within 8 weeks of payment)

**Small group (3-4 people):** £60 for a 60 minute session, £70 for a 75 minute session

Block of 3 60 minute classes paid in advance: £150 (all sessions to be taken within 8 weeks of payment)

**MINDFULNESS - DEEPEN YOUR PRACTICE:**

5 week course beginning on Saturday 2 March. Cost £195, includes course materials

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