

STUDIO YOGA SUMMER TERM TIMETABLE 2019: Tues April 23rd - Sat July 20th

Half term week for most classes: Sat May 25th - Thurs May 30th but please check with your teacher

To book classes - online: studioyoga.co.uk, email: info@studioyoga.co.uk or call: 07764 949317 T: 01264 811158

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00-10.15 Yoga for All Mixed Ability Teacher: Tamsin Kelly	9.00-10.30 Hatha Yoga Intermediates Teacher: Tamsin Kelly	9.15-10.30 Vinyasa Flow Mixed Ability Teacher: Kathryn Campling	8.30-9.30 Yoga Express Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan	9.15-10.30 Yoga Flow Mixed Ability Teacher: Jo Dowey
10.30-11.30 Barre Improvers Teacher: Dani Jones	11.00-12.00 <i>Studio available for 1:1 tuition</i>	10.45-12.00 Gentle Yoga Non beginners Teacher: Tamsin Kelly	9.45-11.15 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly		
11.45-12.45 NEW CLASS Barre (starts 13 May) Beginners Teacher: Dani Jones	12.00-1.00 <i>Studio available for 1:1 tuition</i>		11.30-12.30 Pilates Beginners Teacher: Martha Cook	11.30-1.00 Monthly Yoga workshops 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>	12.30-1.30 NEW CLASS Gentle Yoga Beginners Teacher: Tamsin Kelly	12.45-1.45 Pilates Intermediate Teacher: Martha Cook	1.00-2.00 <i>Studio available for 1:1 tuition & workshops</i>	1.00-2.00 <i>Studio available for 1:1 tuition & workshops</i>
		2.00-4.00 NEW COURSE Mindfulness Teacher: Dr Gail Loudon	2.00-3.00 <i>Studio available for 1:1 tuition</i>	2.00-3.00 <i>Studio available for 1:1 tuition & workshops</i>	2.00-3.00 <i>Studio available for 1:1 tuition & 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>	4.00-6.00 <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 & workshops</i>	3.00-6.00 <i>Studio available for 1:1 tuition & workshops</i>
6.00-7.30 Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan	6.00-7.00 Yoga Express Mixed Ability Teacher: Tamsin Kelly	6.00-7.15 NEW COURSE Yoga for Healthy Lower Backs Teacher: Tamsin Kelly			
	7.15-8.45 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly		7.30-8.45 Yoga for Beginners 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 & ADDITIONAL INFORMATION:

YOGA: 12 week courses: £108 for 75 min/90 minute classes, £90 for 60 minute classes
Shorter courses: Friday Iyengar Yoga: £99, Monday Iyengar Yoga: £72: Monday Yoga for All: £90.

YOGA FOR HEALTHY LOWER BACKS - 12 weeks: £150 (excludes course materials)

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

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

PILATES: 11 week course: £110.

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

BARRE: Improvers 10 week course: £100, Beginners 9 week course: £90.

Drop-in prices for Barre: £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 - 8 week course: £245 (includes all course materials)

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