

STUDIO YOGA SPRING TERM TIMETABLE 2020: Mon Jan 6th - Sat April 4th

Half term week for most classes: Mon Feb 17th - Sat Feb 22nd, but please check all dates 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 Beginners/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	9.15-10.45 Hatha Yoga 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 Mixed ability 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	11.30-12.30 Pilates Improvers/Intermediates Teacher: Martha Cook		11.30-1.30 NEW COURSE Mindfulness (starts Feb 8) Teacher: Dr Gail Loudon
12.00-1.00 <i>Studio available for 1:1 tuition</i>	12.00-1.00 <i>Studio available for 1:1 tuition</i>	12.30-1.30 Gentle Yoga Beginners Teacher: Tamsin Kelly	12.45-1.45 NEW COURSE Pilates 6 week beginners course Teacher: Martha Cook		
1.00-2.300 <i>Studio available for 1:1 tuition</i>	1.00-3.00 <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</i>	2.30-3.45pm Restorative Yoga **Monthly Sessions only Teacher: Tamsin Kelly	2.00-3.00 <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</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	6.15-7.15 NEW COURSE Beginners Yoga 6 week course Teacher: Belinda Middleton		
	7.15-8.45 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly	7.30-8.30 NEW COURSE Vinyasa Flow 6 week beginners course Teacher: Kathryn Campling	7.30-8.45 Hatha Yoga Mixed Ability 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: 75/90 minute classes: 12 week courses - £120.

60 minute classes with Tamsin: £96.

6 week beginner courses with Kathryn and Belinda: £48.

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

Drop-in prices for Yoga: 60 minute classes: £11. All other classes: £13.

Day and half-day workshops: see website for prices.

PILATES: 12 week course: £120.

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

BARRE: 12 week course: £120,

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

INDIVIDUAL TUITION FOR YOGA & PILATES

1-2 People: £50 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, £75 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 course materials)

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