

STUDIO YOGA AUTUMN TIMETABLE 2020: SAT SEPT 12 - SAT DEC 12

Half term week for most classes: Oct 26 - Oct 31, but please check all dates with your teacher

To book classes - online: studioyoga.co.uk, directly with your teacher or text/WhatsApp: 07764 949317

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00-10.15 Hatha Yoga Beginners/Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 Hatha Yoga Intermediates Teacher: Tamsin Kelly	9.00-10.15 Hatha Yoga Beginners Teacher: Imogen Annan	9.15-10.30 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
10.45-11.45 Barre Mixed ability Teacher: Dani Jones	10.45-12.00 Gentle Yoga For all Teacher: Tamsin Kelly	10.45-12.00 Gentle Yoga For all Teacher: Tamsin Kelly	11.30-12.30 Pilates Mixed Ability Teacher: Martha Cook		
12.15-1.30 Gentle Flow For all Teacher: Dani Jones	12.30-2.00 <i>Studio available for 1:1 tuition</i>	12.30-1.30 Semi-private class For all Teacher: Tamsin Kelly		12.30-1.30 Gentle Flow 6 week course Teacher: Dani Jones	
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</i>	2.00-3.00 Semi-private class For all Teacher: Tamsin Kelly	3.00-4.15pm Yin Yoga **Monthly Sessions only Teacher: Dani Jones	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>	4.30-6.00 <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 Yoga for Healthy Lower Backs Teacher: Tamsin Kelly	6.30-7.45 Hatha Yoga Mixed Ability Teacher: Belinda Middleton		**All green classes will be both live-streamed and in person**
	7.30-8.45 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly		8.00-9.00pm Yoga Nidra **Monthly Sessions only Teacher: Belinda Middleton		**All sessions in red are new classes**

Prices for all courses and classes are online at www.studioyoga.co.uk

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