

## STUDIO YOGA SPRING TIMETABLE 2021 FRI JAN 8 - THURS APRIL 1

Half term week for most classes: Feb 14 - Feb 20 , but please check all dates with your teacher

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00-10.15 <b>Hatha Yoga</b> Beginners/Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 <b>Hatha Yoga</b> Intermediates Teacher: Tamsin Kelly		9.15-10.30 <b>Hatha Yoga</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
10.00-11.00 <b>Barre</b> Mixed ability Teacher: Dani Jones	10.45-12.00 <b>Gentle Yoga</b> For all Teacher: Tamsin Kelly	10.45-12.00 <b>Gentle Yoga</b> For all Teacher: Tamsin Kelly	11.30-12.30 <b>Pilates</b> Mixed Ability Teacher: Martha Cook	11.30-1.30 <b>Mindfulness (from 29 Jan)</b> 8 Week Course Teacher: Dr Gail Loudon	
10.45-11.45 <b>Yoga Beginners</b> 6 week course (from Feb 1) Teacher: Tamsin Kelly	12.30-2.00 <i>Studio available for 1:1 tuition</i>	12.30-2.00 <i>Studio available for 1:1 tuition</i>	12.45-1.45 <b>Pilates</b> Beginners Teacher: Martha Cook		
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 <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>
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	3.00-6.00 <i>Studio available for 1:1 tuition</i>	3.00-6.00 <i>Studio available for 1:1 tuition</i>	4.30-5.45 <b>Monthly Yoga Breathing &amp; Relaxation (Jan 29, Feb 26, March 26)</b> Teacher: Tamsin Kelly	3.00-6.00 <i>Studio available for 1:1 tuition &amp; workshops</i>
	7.30-8.45 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly				

**ALL CLASSES ARE ONLINE ONLY UNTIL FURTHER NOTICE, EITHER LIVESTREAMED ON ZOOM OR PRE-RECORDED.  
REPLAYS OF LIVE CLASSES AVAILABLE.**

Prices for all courses and classes are online at [www.studioyoga.co.uk](http://www.studioyoga.co.uk)  
Start/finish dates for each course may vary, so please check the website for the latest information