

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, 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	9.15-10.15 Yoga Beginners 4 week course (from Jan 20) Teacher: Tamsin Kelly	9.15-10.30 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 Iyengar Yoga - ONLINE Mixed Ability Teacher: Carolyn Ryan	9.15-10.30 Yoga Flow Mixed Ability Teacher: Jo Dowey
10.00-11.00 Barre - ONLINE ONLY 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	11.30-1.30 Mindfulness (from 29 Jan) 8 Week Course Teacher: Dr Gail Loudon	
	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 Pilates 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>
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 Monthly Yoga Breathing & Relaxation (Jan 29, Feb 26, March 26) Teacher: Tamsin Kelly	3.00-6.00 <i>Studio available for 1:1 tuition & workshops</i>
6.00-7.30 Iyengar Yoga - ONLINE 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			**All green classes will be both live-streamed and in person**
	7.30-8.45 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly				**All sessions in red are online only until further notice**

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