

**STUDIO YOGA CLASS TIMETABLE - April 19 - May 16 2021**  
**All group classes are live-streamed on Zoom or pre-recorded.**

**In person tuition for 1:1s only**

**Book online, directly with your teacher or text/WhatsApp: 07764 949317**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00-10.15 <a href="#">Hatha Yoga</a> Beginners/Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 <a href="#">Hatha Yoga</a> Intermediates Teacher: Tamsin Kelly	9.00-10.00 <a href="#">Private Booking</a>	9.15-10.30 <a href="#">Hatha Yoga</a> Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 <a href="#">Iyengar Yoga</a> Mixed Ability Teacher: Carolyn Ryan	9.15-10.30 <a href="#">Yoga Flow</a> Vinyasa flow & gentle Teacher: Jo Dowey
10.30-11.30 <a href="#">1:1 Yoga Session</a> <i>In person or online</i> Teacher: Tamsin Kelly	10.45-12.00 <a href="#">Gentle Yoga</a> For all Teacher: Tamsin Kelly	10.45-12.00 <a href="#">Gentle Yoga</a> For all Teacher: Tamsin Kelly	10.45-11.45 <a href="#">1:1 Yoga Session</a> <i>In person or online</i> Teacher: Tamsin Kelly		
10.30-11.30 <a href="#">Barre Online</a> Mixed Ability Teacher: Dani Jones	12.30-2.00 <i>Studio available for 1:1 tuition</i>	12.30-1.30 <a href="#">1:1 Yoga Session</a> <i>In person or online</i> Teacher: Tamsin Kelly	11.30-12.30 <a href="#">Pilates</a> Mixed Ability Teacher: Martha Cook	12.00-2.00 <i>Studio available for 1:1 tuition</i>	
12.00-1.00 <a href="#">1:1 Yoga Session</a> <i>In person or online</i> Teacher: Tamsin Kelly	2.00-3.00 <i>Studio available for 1:1 tuition</i>	2.00-3.00 <i>Studio available for 1:1 tuition</i>	12.45-1.45 <a href="#">Pilates</a> Beginners Teacher: Martha Cook	2.00-3.00 <i>Studio available for 1:1 tuition</i>	
<a href="#">1:1 Yoga Session</a> <i>In person or online</i> 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>	2.30-3.30 <a href="#">Private Booking</a>		
6.00-7.30 <a href="#">Iyengar Yoga</a> Mixed Ability Teacher: Carolyn Ryan	6.00-7.15 <a href="#">Hatha Yoga</a> Mixed Ability Teacher: Tamsin Kelly				<a href="#">Blue classes are live-streamed</a> <a href="#">Purple classes are pre-recorded</a>

**YOGA SPECIAL OFFERS IN APRIL/MAY! [4 week Class Pass](#) for Yoga with Tamsin: All Zoom classes and recordings for £40 🙏**

**[Vinyasa Flow and Gentle Flow](#) with Jo - 2 pre-recorded sessions each week just £30 for 4 weeks 🙏**

## STUDIO YOGA CLASS TIMETABLE - May 17 - JULY 23 2021

Classes in person and live-streamed

Book online, directly with your teacher or text/WhatsApp: 07764 949317

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9.15-10.30 <b><u>Yoga by the River</u></b> Mixed Ability Teacher: Tamsin Kelly</p>	<p>9.00-10.15 <b><u>Hatha Yoga</u></b> Intermediates Teacher: Tamsin Kelly</p>	<p>9.00-10.15 <b><u>Beginners Yoga Course</u></b>  Teacher: Imogen Annan</p>	<p>9.15-10.30 <b><u>Hatha Yoga</u></b> Mixed Ability Teacher: Tamsin Kelly</p>	<p>9.30-11.00 <b><u>Iyengar Yoga on ZOOM</u></b> Mixed Ability Teacher: Carolyn Ryan</p>	<p>9.15-10.30 <b><u>Yoga Flow</u></b> Mixed ability Teacher: Jo Dowey</p>
<p>10.30-11.30 <b><u>Yoga by the River</u></b> Gentle/Beginners Teacher: Tamsin Kelly</p>	<p>10.45-12.00 <b><u>Gentle Yoga</u></b> For all Teacher: Tamsin Kelly</p>	<p>10.45-12.00 <b><u>Gentle Yoga</u></b> For all Teacher: Tamsin Kelly</p>	<p>10.45-11.45 <b><u>1:1 Yoga Session</u></b> <i>In person or online</i> Teacher: Tamsin Kelly</p>		
<p>12.00-1.00 <b><u>1:1 Yoga Session</u></b> <i>In person or online</i> Teacher: Tamsin Kelly</p>	<p>12.30-2.00 <i>Studio available for 1:1 tuition</i></p>	<p>12.30-1.30 <b><u>1:1 Yoga Session</u></b> <i>In person or online</i> Teacher: Tamsin Kelly</p>	<p>11.30-12.30 <b><u>Pilates</u></b> Mixed Ability Teacher: Martha Cook</p>	<p>12.00-2.00 <i>Studio available for 1:1 tuition</i></p>	
<p>2.00-3.00 <i>Studio available for 1:1 tuition</i></p>	<p>2.00-3.00 <i>Studio available for 1:1 tuition</i></p>	<p>2.00-3.00 <i>Studio available for 1:1 tuition</i></p>	<p>12.45-1.45 <b><u>Pilates</u></b> Beginners Teacher: Martha Cook</p>	<p>2.00-3.00 <i>Studio available for workshops and 1:1 tuition</i></p>	
<p><b><u>1:1 Yoga Session</u></b> <i>In person or online</i> Teacher: Tamsin Kelly</p>	<p>3.00-6.00 <i>Studio available for 1:1 tuition</i></p>	<p>3.00-6.00 <i>Studio available for 1:1 tuition</i></p>	<p>2.30-3.30 <b><u>Private Booking</u></b></p>		
<p>6.00-7.30 <b><u>Iyengar Yoga on ZOOM</u></b> Mixed Ability Teacher: Carolyn Ryan</p>	<p>6.00-7.00 <b><u>Yoga Express</u></b> Mixed Ability Teacher: Tamsin Kelly</p>	<p>6.00-7.15 <b><u>Yoga for Healthy Lower Backs</u></b> 12 week course Teacher: Tamsin Kelly</p>	<p>6.00-7.15 <b><u>Hatha Yoga</u></b> Mixed Ability Teacher: Imogen Annan</p>		<p><b>Black classes are in person</b> <b>Purple classes are Zoom only</b></p>
	<p>7.30-8.45 <b><u>Hatha Yoga</u></b> Mixed Ability Teacher: Tamsin Kelly</p>				<p><b>Blue classes are in person and live-streamed</b></p>