

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
9.15-10.30 <u>Yoga by the River</u> Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 <u>Hatha Yoga</u> Intermediates Teacher: Tamsin Kelly	9.00-10.15 <u>Beginners Yoga Course</u> Starts June 9 Teacher: Imogen Annan	9.15-10.30 <u>Hatha Yoga</u> Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 <u>Iyengar Yoga on ZOOM</u> Mixed Ability Teacher: Carolyn Ryan	9.15-10.30 <u>Yoga Flow</u> Mixed ability Teacher: Jo Dowey
10.45-11.30 <u>Yoga by the River</u> Gentle/Beginners Teacher: Tamsin Kelly	10.45-12.00 <u>Gentle Yoga</u> For all Teacher: Tamsin Kelly	10.45-12.00 <u>Gentle Yoga</u> For all Teacher: Tamsin Kelly	11.30-12.30 <u>Pilates</u> Mixed Ability Teacher: Martha Cook		
12.00-1.00 <u>1:1 Yoga Session</u> <i>In person or online</i> Teacher: Tamsin Kelly	12.30-2.00 <i>Studio available for 1:1 tuition</i>	12.30-1.30 <u>1:1 Yoga Session</u> <i>In person or online</i> Teacher: Tamsin Kelly	12.45-1.45 <u>Pilates</u> Beginners Teacher: Martha Cook	12.00-2.00 <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>		2.00-6.00 <i>Studio available for workshops and 1:1 tuition</i>	
<u>1:1 Yoga Session</u> <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 <u>Private Booking</u>		
6.00-7.30 <u>Iyengar Yoga on ZOOM</u> Mixed Ability Teacher: Carolyn Ryan	6.00-7.00 <u>Yoga Express</u> Mixed Ability Teacher: Tamsin Kelly		6.00-7.15 <u>Hatha Yoga</u> Starts June 10 Mixed Ability Teacher: Imogen Annan		Black classes are in person Purple classes are Zoom only
	7.30-8.45 <u>Hatha Yoga</u> Mixed Ability Teacher: Tamsin Kelly				Blue classes are in person and live-streamed