

STUDIO YOGA CLASS TIMETABLE - MAY 17 - JULY 22 2021

Classes in person and live-streamed

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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
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 Caley
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	11.15-12.15 <u>Yin Yoga</u> July 16 For all Teacher: Anna Williams	
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>	3.00-4.00 July 18 <u>Sound Bath Sunday</u> Teacher: Naomi Hurst
<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		<i>Black classes are in person Purple classes are Zoom only</i>
8.00-9.00 <u>Yoga Nidra</u> July 12 Mixed Ability Teacher: Anna Williams	7.30-8.45 <u>Hatha Yoga</u> Mixed Ability Teacher: Tamsin Kelly				<i>Blue classes are in person and live-streamed</i>

STUDIO YOGA CLASS TIMETABLE - JULY 23 - AUGUST 31 2021
Classes in person and live-streamed
Book online, directly with your teacher or text/WhatsApp: 07764 949317

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
9.15-10.30 <u>Yoga by the River</u> Mixed Ability Teacher: Tamsin Kelly Last session: Aug 9	9.00-10.15 <u>Hatha Yoga</u> Intermediates Teacher: Tamsin Kelly Last session: Aug 10	9.00-10.00 Private Booking		9.15-10.45 <u>Iyengar Yoga</u> Mixed Ability Teacher: Carolyn Ryan	
10.45-11.30 <u>Yoga by the River</u> Gentle/Beginners Teacher: Tamsin Kelly Last session: Aug 9	10.45-12.00 <u>Gentle Yoga</u> For all including beginners Teacher: Tamsin Kelly Last session: Aug 10	10.30-11.30 <u>1:1 Yoga Session</u> <i>In person or online</i> Teacher: Tamsin Kelly	11.30-12.30 <u>Pilates</u> Aug 19 & Sept 2 Mixed Ability Teacher: Martha Cook	11.15-12.15 <u>Yin Yoga</u> For all Teacher: Anna Williams	
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> Aug 19 & Sept 2 Beginners Teacher: Martha Cook	12.30-4.00 <i>Studio available for workshops & 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>		23 July 4.00-5.30pm <u>Restorative Yoga and Breathing workshop</u> For all Teacher: Tamsin Kelly	22 August 3.00-4.00 <u>Sound Bath Sunday</u> Teacher: Naomi Hurst
4.30-5.30 <u>1:1 Yoga Session</u> <i>In person or online</i> Teacher: Tamsin Kelly	4.30-5.30 <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>	2.30-3.30 Private Booking		
8.00-9.00 <u>Yoga Nidra</u> Aug 2 & 30 Mixed Ability Teacher: Anna Williams	6.30-7.45 <u>Hatha Yoga</u> Mixed Ability Teacher: Tamsin Kelly Last session: Aug 10				<i>Black classes are in person Blue classes are in person and live-streamed</i>

STUDIO YOGA CLASS TIMETABLE - FRIDAY SEPT 03 - FRIDAY DEC 17 2021

Classes in person and live-streamed

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00-10.15 Hatha Yoga from Sept 13 Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 Hatha Yoga from Sept 14 Intermediates Teacher: Tamsin Kelly	9.00-10.15 Beginners Yoga Teacher: Imogen Annan	9.15-10.30 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 Iyengar Yoga from Sept 17 Mixed Ability Teacher: Carolyn Ryan	9.15-10.30 Yoga Flow Mixed ability Teacher: Jo Caley	
10.45-12.00 Gentle Yoga from Sept 13 Teacher: Tamsin Kelly	10.45-12.00 Gentle Yoga from Sept 14 For all Teacher: Tamsin Kelly		11.30-12.30 Pilates from Sept 16 Mixed Ability Teacher: Martha Cook	11.15-12.15 Yin Yoga For all Teacher: Anna Williams		
12.00-1.00 1:1 Yoga Session In person or online Teacher: Tamsin Kelly	12.30-2.00 <i>Studio available for 1:1 tuition</i>	12.30-1.30 1:1 Yoga Session In person or online Teacher: Tamsin Kelly	12.45-1.45 Pilates from Sept 16 Beginners Teacher: Martha Cook		11.00-2.00 <i>Studio available for workshops and events</i>	3.00-4.00 September 26 October 24 November 21
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>		1.00-3.00 <i>Studio available for workshops and 1:1 tuition</i>	2.00-6.00 <i>Studio available for workshops and events</i>	December 12 Monthly Sound Bath Teacher: Naomi Hurst
1:1 Yoga Session In person or online 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 Private Booking	3.00-6.00 <i>Studio available for workshops and 1:1 tuition</i>		
6.00-7.30 Iyengar Yoga from Sept 13 Mixed Ability Teacher: Carolyn Ryan	6.00-7.00 Yoga Express from Sept 14 Mixed Ability Teacher: Tamsin Kelly	6.00-7.15 Yoga for Healthy Lower Backs from Sept 15 Teacher: Tamsin Kelly	6.00-7.15 Hatha Yoga Mixed Ability Teacher: Imogen Annan			<i>Black classes are in person</i>
8.00-9.00 Yoga Nidra from Oct 25 Mixed Ability Teacher: Anna Williams	7.30-8.45 Hatha Yoga from Sept 14 Mixed Ability Teacher: Tamsin Kelly					<i>Blue classes are in person and live- streamed</i>