

## 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 <b><u>Yoga by the River</u></b> Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 <b><u>Hatha Yoga</u></b> Intermediates Teacher: Tamsin Kelly	9.00-10.15 <b><u>Beginners Yoga Course</u></b> Starts June 9 Teacher: Imogen Annan	9.15-10.30 <b><u>Hatha Yoga</u></b> Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 <b><u>Iyengar Yoga on ZOOM</u></b> Mixed Ability Teacher: Carolyn Ryan	9.15-10.30 <b><u>Yoga Flow</u></b> Mixed ability Teacher: Jo Caley
10.45-11.30 <b><u>Yoga by the River</u></b> Gentle/Beginners Teacher: Tamsin Kelly	10.45-12.00 <b><u>Gentle Yoga</u></b> For all Teacher: Tamsin Kelly	10.45-12.00 <b><u>Gentle Yoga</u></b> For all Teacher: Tamsin Kelly	11.30-12.30 <b><u>Pilates</u></b> Mixed Ability Teacher: Martha Cook	11.15-12.15 <b><u>Yin Yoga</u></b> July 16 For all Teacher: Anna Williams	
12.00-1.00 <b><u>1:1 Yoga Session</u></b> <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 <b><u>1:1 Yoga Session</u></b> <i>In person or online</i> Teacher: Tamsin Kelly	12.45-1.45 <b><u>Pilates</u></b> 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 <b><u>Sound Bath Sunday</u></b> Teacher: Naomi Hurst
<b><u>1:1 Yoga Session</u></b> <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 <b><u>Private Booking</u></b>		
6.00-7.30 <b><u>Iyengar Yoga on ZOOM</u></b> Mixed Ability Teacher: Carolyn Ryan	6.00-7.00 <b><u>Yoga Express</u></b> Mixed Ability Teacher: Tamsin Kelly		6.00-7.15 <b><u>Hatha Yoga</u></b> Starts June 10 Mixed Ability Teacher: Imogen Annan		<i>Black classes are in person Purple classes are Zoom only</i>
8.00-9.00 <b><u>Yoga Nidra</u></b> July 12 Mixed Ability Teacher: Anna Williams	7.30-8.45 <b><u>Hatha Yoga</u></b> 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 <b><u>Yoga by the River</u></b> Mixed Ability Teacher: Tamsin Kelly Last session: Aug 9	9.00-10.15 <b><u>Hatha Yoga</u></b> Intermediates Teacher: Tamsin Kelly Last session: Aug 10	9.00-10.00 <b>Private Booking</b>		9.15-10.45 <b><u>Iyengar Yoga</u></b> Mixed Ability Teacher: Carolyn Ryan	
10.45-11.30 <b><u>Yoga by the River</u></b> Gentle/Beginners Teacher: Tamsin Kelly Last session: Aug 9	10.45-12.00 <b><u>Gentle Yoga</u></b> For all including beginners Teacher: Tamsin Kelly Last session: Aug 10	10.30-11.30 <b><u>1:1 Yoga Session</u></b> <i>In person or online</i> Teacher: Tamsin Kelly	11.30-12.30 <b><u>Pilates</u></b> Aug 19 & Sept 2 Mixed Ability Teacher: Martha Cook	11.15-12.15 <b><u>Yin Yoga</u></b> For all Teacher: Anna Williams	
12.00-1.00 <b><u>1:1 Yoga Session</u></b> <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 <b><u>1:1 Yoga Session</u></b> <i>In person or online</i> Teacher: Tamsin Kelly	12.45-1.45 <b><u>Pilates</u></b> Aug 19 & Sept 2 Beginners Teacher: Martha Cook	12.30-4.00 <i>Studio available for workshops &amp; 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 <b><u>Restorative Yoga and Breathing workshop</u></b> For all Teacher: Tamsin Kelly	22 August 3.00-4.00 <b><u>Sound Bath Sunday</u></b> Teacher: Naomi Hurst
4.30-5.30 <b><u>1:1 Yoga Session</u></b> <i>In person or online</i> Teacher: Tamsin Kelly	4.30-5.30 <b><u>1:1 Yoga Session</u></b> <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 <b>Private Booking</b>		
8.00-9.00 <b><u>Yoga Nidra</u></b> Aug 2 & 30 Mixed Ability Teacher: Anna Williams	6.30-7.45 <b><u>Hatha Yoga</u></b> 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
9.10-10.25 <b>Hatha Yoga</b> from Sept 13 Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 <b>Hatha Yoga</b> from Sept 14 Intermediates Teacher: Tamsin Kelly	9.00-10.15 <b>Beginners Yoga</b> Teacher: Imogen Annan	9.15-10.30 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 <b>Iyengar Yoga</b> from Sept 17 Mixed Ability Teacher: Carolyn Ryan	9.15-10.30 <b>Yoga Flow</b> Mixed ability Teacher: Jo Caley	
10.45-12.00 <b>Gentle Yoga</b> from Sept 13 Teacher: Tamsin Kelly	10.45-12.00 <b>Gentle Yoga</b> from Sept 14 For all Teacher: Tamsin Kelly		11.30-12.30 <b>Pilates</b> from Sept 16 Mixed Ability Teacher: Martha Cook	11.15-12.15 <b>Yin Yoga</b> For all Teacher: Anna Williams		
12.00-1.00 <b>1:1 Yoga Session</b> In person or online Teacher: Tamsin Kelly	12.30-2.00 <i>Studio available for 1:1 tuition</i>	12.30-1.30 <b>1:1 Yoga Session</b> In person or online Teacher: Tamsin Kelly	12.45-1.45 <b>Pilates</b> 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 <b>Monthly Sound Bath</b> Teacher: Naomi Hurst
<b>1:1 Yoga Session</b> 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 <b>Private Booking</b>	3.00-6.00 <i>Studio available for workshops and 1:1 tuition</i>		
6.00-7.30 <b>Iyengar Yoga</b> from Sept 13 Mixed Ability Teacher: Carolyn Ryan	6.00-7.00 <b>Yoga Express</b> from Sept 14 Mixed Ability Teacher: Tamsin Kelly	6.00-7.15 <b>Yoga for Healthy Lower Backs</b> from Sept 15 Teacher: Tamsin Kelly	6.00-7.15 <b>Hatha Yoga</b> Mixed Ability Teacher: Imogen Annan			<i>Black classes are in person</i>
8.00-9.00 <b>Yoga Nidra</b> from Oct 25 Mixed Ability Teacher: Anna Williams	7.30-8.45 <b>Hatha Yoga</b> from Sept 14 Mixed Ability Teacher: Tamsin Kelly					<i>Blue classes are in person and live- streamed</i>

