

STUDIO YOGA CLASS TIMETABLE - SATURDAY SEPT 04 - 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 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 from Sept 15 Teacher: Imogen Annan	9.15-10.30 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 Iyengar Yoga 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	11.30-12.45 Yin Yoga For all Teacher: Anna Williams		
12.15-1.15 1:1 Yoga Session In person or online Teacher: Tamsin Kelly	12.30-2.00 <i>Studio available for 1:1 tuition</i>	12.30-2.00 <i>Studio available for 1:1 tuition</i>	12.45-1.45 Pilates from Sept 16 Beginners Teacher: Martha Cook	1.00-3.00 <i>Studio available for workshops and 1:1 tuition</i>	11.00-6.00 <i>Studio available for workshops and events</i>	3.00-4.00 Monthly Sound Bath
2.00-3.00 1:1 Yoga Session In person or online 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>	2.30-3.30 Private Booking			Sept 26, October 24 Nov 21, Dec 12 Teacher: Naomi Hurst
3.00-6.00 <i>Studio available for 1:1 tuition</i>	3.00-6.00 <i>Studio available for 1:1 tuition</i>	4.30-5.30 1:1 Yoga Session In person or online Teacher: Tamsin Kelly		4.00-5.30 Restorative Yoga & Pranayama Sept 24, Oct 15, Nov 19 Teacher: Tamsin Kelly		
6.00-7.30 Iyengar Yoga 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 from Sept 16 Mixed Ability Teacher: Imogen Annan	5.00-6.30 Yoga Nidra Sept 10, Oct 8, Nov 11, Dec 3 Teacher: Anna Williams		<i>Black classes are in person only Blue classes are in person and live-streamed</i>
	7.30-8.45 Hatha Yoga from Sept 14 Mixed Ability Teacher: Tamsin Kelly					<i>1:1 classes can be either in person or online</i>