

STUDIO YOGA CLASS TIMETABLE - THURSDAY JANUARY 06 - SATURDAY APRIL 09 2022

Classes in person and live-streamed

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 9.10-10.25 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly | 9.00-10.15 Hatha Yoga 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 Mixed Ability Teacher: Carolyn Ryan | 9.15-10.30 Yoga Flow Mixed ability Teacher: Jo Caley | |
| 10.45-12.00 Gentle Yoga For all Teacher: Tamsin Kelly | 10.45-12.00 Gentle Yoga For all Teacher: Tamsin Kelly | | 11.30-12.30 Pilates from Sept 16 Mixed Ability Teacher: Martha Cook | | | |
| 12.15-1.15 1:1 Yoga Session <i>In person or online</i> 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 <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> | 2.30-3.30 Private Booking | | | 2022 Dates: Jan 16, Feb 20, March 20, April 24, May 29 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 <i>In person or online</i> Teacher: Tamsin Kelly | | 4.00-5.30 Restorative Yoga (monthly class) Jan 14, Feb 11, March 11 Teacher: Tamsin Kelly | | |
| 6.00-7.30 Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan | 6.00-7.00 Yoga Express Mixed Ability Teacher: Tamsin Kelly | 6.00-7.15 Yoga for Healthy Lower Backs Specialist course Teacher: Tamsin Kelly | 6.00-7.15 Hatha Yoga Mixed Ability Teacher: Imogen Annan | | | <i>Black classes are in person only Blue classes are in person & live-streamed</i> |
| | 7.30-8.30 Beginners Yoga from January 18 Teacher: Tamsin Kelly | | | | | <i>1:1 classes can be either in person or online</i> |