

STUDIO YOGA CLASS TIMETABLE - FRIDAY APRIL 22 - SATURDAY JULY 23 2022

Classes in person and live-streamed

Click on the class to book online, sign up with your teacher or text/WhatsApp: 07764 949317

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15-10.30 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 Hatha Yoga Intermediates Teacher: Tamsin Kelly		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 Mixed Ability Teacher: Martha Cook		11.30-1.30 NEW! Mindfulness Starts May 7 Teacher: Gail Loudon	
12.30-1.15 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>	12.30-1.30 NEW! Pilates Beginners Teacher: Martha Cook	12.45-1.45 Pilates Beginners Teacher: Martha Cook	1.00-4.00 <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 & 4.30-5.30 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	1.30-4.30 Gary Carter Masterclass July 1 Anatomy for Yoga		2022 Dates: April 24, May 29, June 26, July 24 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) June 17 Teacher: Tamsin Kelly		4.00-5.30 Restorative Yoga (monthly class) July 17 Teacher: Tamsin Kelly
6.00-7.30 Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan	6.00-7.00 Hatha Yoga 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</i> <i>Blue classes are in person & live-streamed</i>
	7.30-8.30 Beginners Yoga 6 week course (to May 31) Teacher: Tamsin Kelly					<i>1:1 classes can be either in person or online</i>