

STUDIO YOGA TIMETABLE - MONDAY APRIL 25 - SATURDAY JULY 23
Classes in person only (black classes) + in person and on Zoom (blue classes)
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 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>

STUDIO YOGA SUMMER TIMETABLE - DROP IN SESSIONS MONDAY JULY 18 - SUNDAY AUGUST 28 2022

Classes in person only (black classes) + [in person and on Zoom \(blue classes\)](#)

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

Week Starting							
July 18	<p><i>Mon July 18</i> 9.15-10.30am Outdoor Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Mon July 18</i> 10.45-12.00 noon Outdoor Gentle Yoga For all Teacher: Tamsin Kelly</p>	<p><i>Wed July 20</i> 6.00-7.15pm Yoga for Healthy Lower Backs Specialist course Teacher: Tamsin Kelly</p>		<p><i>Fri July 22</i> 9.30-11.00am Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan</p>	<p><i>Sat July 23</i> 9.15-10.30 Yoga Flow Mixed ability Teacher: Jo Caley</p>	<p><i>Sun July 24</i> 3.00-4.00 & 4.30-5.30 Monthly Sound Bath Teacher: Naomi Hurst</p>
July 25	<p><i>Tues July 26</i> 9.00-10.15am Hatha Yoga Intermediates Teacher: Tamsin Kelly</p>	<p><i>Tues July 26</i> 10.45-12.00 noon Gentle Yoga For all Teacher: Tamsin Kelly</p>	<p><i>Tues July 26</i> 6.00-7.00pm Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Thurs July 28</i> 9.15-10.30am Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Fri July 29</i> 9.30-11.00am Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan</p>		
Aug 1	<p><i>Tues Aug 3</i> 9.00-10.15am Hatha Yoga Intermediates Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 2</i> 10.45-12.00 noon Gentle Yoga For all Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 2</i> 6.00-7.00pm Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Thurs Aug 4</i> 9.15-10.30am Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>			
Aug 8	<p><i>Tues Aug 9</i> 9.00-10.15am Hatha Yoga Intermediates Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 9</i> 10.45-12.00 noon Gentle Yoga For all Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 9</i> 6.00-7.00pm Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Thurs Aug 11</i> 9.15-10.30am Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Thurs Aug 11</i> 11.30-12.30pm Pilates Mixed Ability Teacher: Martha Cook</p>	<p><i>Thurs Aug 11</i> 12.45-1.45pm Pilates Beginners Teacher: Martha</p>	<p><i>Fri Aug 12</i> 9.30-11.00am Iyengar Yoga Mixed Ability Teacher: Carolyn</p>
Aug 15							
Aug 22	<p><i>Tues Aug 23</i> 9.00-10.15am Hatha Yoga Intermediates Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 23</i> 10.45-12.00 noon Gentle Yoga For all Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 23</i> 6.00-7.00pm Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Thurs Aug 25</i> 9.15-10.30am Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Thurs Aug 25</i> 11.30-12.30pm Pilates Mixed Ability Teacher: Martha Cook</p>	<p><i>Thurs Aug 25</i> 12.45-1.45pm Pilates Beginners Teacher: Martha</p>	<p><i>Fri Aug 26</i> 9.30-11.00am Iyengar Yoga Mixed Ability Teacher: Carolyn</p>

STUDIO YOGA TIMETABLE - COURSES AND CLASSES: MONDAY SEPTEMBER 5 - SATURDAY DECEMBER 17

Classes in person only (black classes) + in person and on Zoom (blue classes)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.10-10.25 (from 12/09) Hatha Yoga Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 (from 13/09) Hatha Yoga Intermediates Teacher: Tamsin Kelly	9.00-10.00am 1:1 Yoga Session <i>In person or online</i> Teacher: Tamsin Kelly	9.15-10.30 (from 15/09) Hatha Yoga Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan	9.15-10.30 (from 17/09) Yoga Flow Mixed ability Teacher: Jo Caley	
10.45-12.00 (from 12/09) Gentle Yoga For all Teacher: Tamsin Kelly	10.45-12.00 (from 13/09) Gentle Yoga For all Teacher: Tamsin Kelly	10.30-12.00 NEW! Mindfulness Starts Sept 28 Teacher: Gail Loudon	11.30-12.30 Pilates Mixed Ability Teacher: Martha Cook			
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 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>	
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 Oct 21 Anatomy for Yoga		3.00-4.00 & 4.30-5.30pm Monthly Sound Bath
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) Sep 16, Oct 14, Nov 18 Teacher: Tamsin Kelly		2022 Dates: Sept 4, Sept 25, Oct 2, Nov 2, Dec 4 Teacher: Naomi Hurst
6.00-7.30 Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan	6.00-7.00 (from 13/09) Hatha Yoga Mixed Ability Teacher: Tamsin Kelly	6.00-7.15 (from 14/09) Yoga for Healthy Lower Backs Specialist course Teacher: Tamsin Kelly	6.00-7.15 (from 15/09) Hatha Yoga Mixed Ability Teacher: Imogen Annan			
	7.30-8.30 (from 13/09) Beginners Yoga 6 week course Teacher: Tamsin Kelly					