

## STUDIO YOGA TIMETABLE - JANUARY - MARCH 2024

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 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 <b>Hatha Yoga</b> Intermediates Teacher: Tamsin Kelly	9.30-10.30 <b>Yoga Flow</b> Mixed ability Teacher: Kathryn Campling	9.15-10.30 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin	9.30-11.00 <b>Iyengar Yoga</b> Mixed Ability Teacher: Carolyn	9.15-10.30 <b>Yoga Flow</b> Mixed ability Teacher: Jo	9.30-4.30 <b>Yoga Foundation Course (monthly)</b> Jan 7, Feb 4, Mar 3
10.45-12.00 <b>Gentle Yoga</b> For all Teacher: Tamsin Kelly	10.45-12.00 <b>Gentle Yoga</b> For all Teacher: Tamsin Kelly		11.30-12.30 <b>Pilates</b> Mixed Ability Teacher: Bryony	11.30-12.30 <b>Beginners Yoga</b>  Teacher: Tamsin Kelly		
12.30-1.15 <b>1:1 Yoga Session</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>Pilates</b> 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 <b>1:1 Yoga Session</b> <i>In person or online</i> Teacher: Tamsin Kelly		2.00-4.00 <i>Studio available for 1:1 tuition</i>	2.00-4.00 <i>Studio available for 1:1 tuition</i>	1.30-4.30 <b>Gary Carter Masterclass</b> Mar 15 Anatomy for Yoga	2.00-5.00 <b>Energy Rebalancing Workshop</b> with Tania Jan 27, March 23	4.00-5.30 <b>Restorative Yoga</b> Jan 28, Mar 17 Teacher: Tamsin
3.00-6.00 <i>Studio available for 1:1 tuition</i>	4.00-6.00 <i>Studio available for 1:1 tuition</i>	4.30-5.30 <b>1:1 Yoga Session</b> <i>In person or online</i> Teacher: Tamsin Kelly	4.30-5.30 <b>1:1 Yoga Session</b> <i>In person or online</i> Teacher: Tamsin		4.30-5.30 <b>Monthly Sound Bath</b> with Naomi Feb 3	4.30-5.30 <b>Monthly Sound Bath</b> with Naomi Jan 14, March 10
	6.00-7.00 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly					<i>1:1 classes can be either in person or online</i>

**STUDIO YOGA TIMETABLE - WEDNESDAY SEPTEMBER 6 - FRIDAY DECEMBER 15 2023**  
**Classes in person only (black classes) + in person and on Zoom (blue classes)**  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15-10.30 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 <b>Hatha Yoga</b> Intermediates Teacher: Tamsin Kelly	9.30-10.30 <b>Yoga Flow</b> Mixed ability Teacher: Kathryn Campling	9.15-10.30 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin	9.30-11.00 <b>Iyengar Yoga</b> Mixed Ability Teacher: Carolyn	9.15-10.30 <b>Yoga Flow</b> Mixed ability Teacher: Jo	9.30-4.30 <b>Yoga Foundation Course (monthly)</b> Sept 17, Oct 15, Nov 5, Dec 3
10.45-12.00 <b>Gentle Yoga</b> For all Teacher: Tamsin Kelly	10.45-12.00 <b>Gentle Yoga</b> For all Teacher: Tamsin Kelly		11.30-12.30 <b>Pilates</b> Mixed Ability Teacher: Bryony		11.00-6.00 <i>Studio available for workshops and events</i>	
12.30-1.15 <b>1:1 Yoga Session</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>Pilates</b> Beginners Teacher: Martha Cook		1.00-4.00 <i>Studio available for workshops and 1:1 tuition</i>	11.00-2.00 <b>Breath for Health Masterclass</b> November 18 Michael Hutchinson	
2.00-3.00 <b>1:1 Yoga Session</b> <i>In person or online</i> Teacher: Tamsin Kelly	1.30-3.30 <b>Mindfulness</b> Starts Sept 26 Teacher: Gail Loudon	2.00-3.00 <i>Studio available for 1:1 tuition</i>	3.00-4.00 <b>1:1 Yoga Session</b> <i>In person or online</i> Teacher: Tamsin Kelly	1.30-4.30 <b>Gary Carter Masterclass</b> November 3 Anatomy for Yoga		
3.00-6.00 <i>Studio available for 1:1 tuition</i>	4.00-6.00 <i>Studio available for 1:1 tuition</i>	4.30-5.30 <b>1:1 Yoga Session</b> <i>In person or online</i> Teacher: Tamsin Kelly	4.30-5.30 <b>1:1 Yoga Session</b> <i>In person or online</i> Teacher: Tamsin	4.30-6.00 <b>Restorative Yoga</b> Sept 29, Nov 24, Teacher: Tamsin		3.00-4.00 & 4.30-5.30 <b>Monthly Sound Bath</b>
	6.00-7.00 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly	6.00-7.15 <b>NEW!</b> <b>Yoga for Healthy Lower Backs</b> Teacher: Tamsin Kelly				Autumn 2023 Dates: Oct 8, Nov 12, Dec 12 Teacher: Naomi
	7.20-8.20 <b>Beginners Yoga</b> From Oct 31 Teacher: Tamsin Kelly					<i>1:1 classes can be either in person or online</i>