

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