Monday	Class	Instructor	Level
9:30 – 10:45 am	Hatha Flow	*Heather Deaville*	All Levels
6:00 – 7:00 pm	Pilates	*Kate Watson*	All Levels
7:00 – 8:15 pm	Vinyasa Flow	*Chloe Skinner*	All Levels
Tuesday			
10:00 – 11:15 am	Vinyasa Hatha	*Kristal Jacovides*	All Levels
6:30 – 7:30 pm	Vinyasa Hatha	*Gemma Williams*	All Levels
Wednesday			
11:00 – 12:00 pm	Pilates	*Rebecca Haroutunian*	All Levels
6:30 – 7:45 pm	Pregnancy Yoga	*Heather Deaville*	12 wks + scan
Thursday			
9:30 – 10:30 am	Hatha Vajrasati	*Jo Shaw*	All Levels
10:45 – 11:45 am	Mum & Baby Yoga	*Heather Deaville*	Baby 6 wks +
7:15 – 8:15 pm	Pilates	*Rebecca Haroutunian*	All Levels
Friday			
9:30 – 10:30 am	Garuda	*Hannah Watkins*	All Levels
10:45 – 11:45 am	Gentle Movement	*Hannah Watkins*	
6:00 - 7:15 pm	Ashtanga Yoga	Sara Burgess	All Levels
Saturday			
9:00 – 10:15 am	Jivamukti (Dynamic Vinyasa)	*Chloe Manlay*	All Levels

Yoga	Pilates	Garuda	Gentle Movement
£10 per class 5 classes £45 10 classes £ 80	6 week course £60 Drop in £12	6 week course £48	£8 per class