

Monday	Class	Instructor	Level
9:30 – 10:45 am	Hatha Flow Yoga	<i>Heather Deaville</i>	All Levels
11:00 – 12:00 pm	Mum and Baby Yoga	Heather Deaville	Babies aged 6 weeks to sitting/crawling
6:00 – 7:00 pm	Pilates	<i>Kate Watson</i>	All Levels
7:00 – 8:15 pm	Vinyasa Flow Yoga	<i>Chloe Skinner</i>	All Levels
Tuesday			
10:00 – 11:15 am	Vinyasa Hatha Yoga	<i>Kristal Jacovides</i>	All Levels
6:30 – 7:30 pm	Vinyasa Hatha Yoga	<i>Sara Burgess</i>	All Levels
7:30 – 8:30 pm	UpYourRom Stretch Class (Start Aug 1 st)	<i>Antoinette Weatherley</i>	All Levels
Wednesday			
10:00 – 11:00 am	Baby Massage & Mamma Yoga	Lucy Howlett	Mum 6 wks check with Doctor
11:00 – 12:00 pm	Pilates	<i>Rebecca Haroutunian</i>	All Levels
6:30 – 7:45 pm	Pregnancy Yoga	<i>Heather Deaville</i>	12 wks + scan
Thursday			
9:30 – 10:30 am	Hatha Vajrasati Yoga	<i>Jo Shaw</i>	All Levels
6:00 – 7:15 pm	Vinyasa Hatha Yoga	Kristal Jacovides	All Levels
Friday			
9:30 – 10:30 am	Garuda (school term time only)	<i>Hannah Watkins</i>	All Levels

Yoga	Pilates	Garuda	Mum & Baby
£10 per class 5 classes £45 10 classes £ 80	6 week course £60 Drop in £12	6 week course £48	Pregnancy Yoga 6 week course £49 Mum & Baby Yoga 6 week course £49 Baby Massage Mamma & Dada Yoga 4 week course £35