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| iMONDAY CLASS INSTRUCTOR ABILITY |
| 9:30 – 10:45am Vajrasati Yoga Jo Shaw All Levels  *11:00 – 12:00pm (from September)* *Mum and Baby Yoga Heather Deaville Babies 6weeks>crawl*  1.00 -2.00pm MuTu Post-Natal Rebecca Haroutunian All Levels |
| TUESDAY |
| *8-9am (from 4th September) Pilates Dena Doyle BOOK NOW*  10:00 – 11:15am Yin/Yang Yoga Kristal Jacovides All Levels  *11:30 – 12:45pm Fiona’s Hatha Yoga(term time) Fiona Tasker All Levels*  6.00 - 7.00pm YinYang Yoga Dom Jarvis Beginners  7:00 – 8:00 pm UpYourRom (Stretch Class) Antoinette Weatherley All Levels |
| WEDNESDAY |
| *8.30-9.30am (from 29th August) Slow Flow/restorative Yoga Georgie Hankins BOOK NOW*  *8-9pm (from September 12th) Holistic Core Restore (Every woman) Rebecca Haroutunian BOOK NOW*  *Pregnancy and Beyond- Nutrition & Lifestyle* |
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| THURSDAY |
| 9:15 – 10:30am Vajrasati Yoga Jo Shaw All Levels  *10:45 – 12:00pm (from September) Fiona’s Hatha Yoga* *Fiona Tasker* *All Levels* |
| 6.30-7.45pm Vajrasati Yoga Jo Shaw All levels |
| FRIDAY |
| *9:30 – 10:30am Pilates & Yoga fusion (term time only) Hannah Watkins All Levels* |
| 11.00am -12.15pm Supportive Varjrasati Yoga(Must pre-book) Jo Shaw Recovery/Injury Supported Class |
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| SATURDAY |
| VARIOUS WORKSHOPS AVAILABLE SATURDAYS AND SUNDAYS SEE OUR WINDOW FOR DETAILS |
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| **YOGA** | **PILATES** | **PILATES/YOGA FUSION** | **MUM & BABY** |
| **£10 per class**  **5 classes £45**  **10 classes £80** | **6wk course £60**  **Drop in £12** | **7wk course £63**  **Drop in £10** | **Mum & Baby Yoga 6wk course £49** |
| **Fiona’s HATHA Yoga**  **£11 per class**  **6wk Course £54** | **Supported YOGA**  **Drop in £12**  **6wk course £60** | **UpYourROM Stretch Class**  **Drop in £10**  **5 classes £45**  **10 classes £80** | **MuTu Post Natal 6wk course £60**  **Drop In £12** |

August 2018

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**OSTEOPATHY-MASSAGE-ACUPUNCTURE-NUTRITIONAL ADVICE-REFLEXOLOGY-THERAPY-CRANIAL-EFT/MATRIX REIMPRINTING -WORKSHOPS**