



WEEKLY CLASSES TIMETABLE

Day	Time	Instructor	Class	Room	Price
Monday	9:30 - 10:30am	Helen Whatmore	Mindfulness Meditation	Studio	£5 per session, to book contact helenwhatmore06@gmail.com
	6:30 - 7:30pm	Katherine Bennett	Essential Hatha Yoga	Studio	Suitable for all abilities £8 per session, or 10 class pass for £70. Contact info@true-north.yoga
	7:30 - 8:30pm	Emma Mitchell	Pilates	Studio	Block of 5 sessions £40, email emmittchell24@hotmail.com to book
Tuesday	10.00 - 11.30am	Jane Bishop	Gentle Healing Yoga	Studio	Drop in price £12 per session. Special Deal Pass: Pay for 10 classes and get 11th free. £100 (£10 per session) with 4 months to use your pass.
	6.30 - 7.15pm	Jane Bishop	Meditation for All	Studio	£5.00 - contact Jane savitriyoga@hotmail.co.uk to book your place
	7.30 - 9.00pm	Jane Bishop	Ante-Natal Yoga	Studio	6 week course - £90.00 for both days (option to pay £14 weekly after 32 weeks) contact Jane savitriyoga@hotmail.co.uk to book your place
Wednesday	9.30 - 10.30am	Jane Bishop	Yoga Breakfast Club <i>Yoga, tea/coffee, breakfast snack</i>	Studio	£12 - Limited spaces, booking essential
	10.45 - 12.15pm	Jane Bishop	Ante-Natal Yoga	Studio	6 week course - £90.00 for both days (option to pay £14 weekly after 32 weeks) contact Jane savitriyoga@hotmail.co.uk to book your place
	7.30 - 9.00pm	Jane Bishop	Hatha Yoga	Studio	Drop in price £12 per session. Special Deal Pass: Pay for 10 classes and get 11th free. £100 (£10 per session) with 4 months to use your pass
Thursday	9:30 - 10:30	Jenny Startin	Beginners and Rehab Pilates	Studio	£60 for 6 week course, contact Jenny to book 07843 023306 or email pilateswithjenny@hotmail.co.uk
	10:30 - 11:30	Jenny Startin	Pilates	Studio	£60 for 6 week course, contact Jenny to book 07843 023306 or email pilateswithjenny@hotmail.co.uk
	6.00 - 6.45pm	Jane Bishop	Meditation For All	Studio	£5
	7.00 - 8.30pm	Jane Bishop	Ante-Natal Yoga	Studio	6 week course - £90.00 for both days (option to pay £14 weekly after 32 weeks)
Friday	6:30 - 8:30pm	Sam Bray	Guided Meditation	Workshop	Workshop - £6 per session, to book contact beauchie@hotmail.com
Saturday	9.30 - 11.00am	Jane Bishop	Gentle Healing Yoga	Studio	Drop in price £12 per session. Special Deal Pass: Pay for 10 classes and get 11th free. £100 (£10 per session) with 4 months to use your pass.
	11.30 - 12.45pm	Jane Bishop	Beginners Hatha Yoga	Studio	£8.00