

Monday		Level		Studio
07:00-08:00	vinyasa flow yoga	all	Catrin	1
07:30-08:30	tai chi	all	Ping	2
08:30-09:30	pilates	2	Brooke	1
09:00-10:00	ashtanga yoga	all	Jayne	2
10:00-11:30	iyengar yoga	all	Aubrey	1
10:30-11:45	vinyasa flow	all	Alice T.	2
11:45-13:00	slow flow yoga	all	Scarlett	1
12:00-13:00	pilates	all	Symeon	2
13:15-14:15	vinyasa flow yoga	all	Eryck	1
16:30-18:00	vinyasa flow yoga	all	Eryck	1
16:45-18:15	iyengar yoga	all	Rosana	2
18:30-19:45	iyengar yoga	1	Helen	1
18:30-19:45	vinyasa flow yoga	1	Isabell	2
20:00-21:30	vinyasa flow yoga	all	Isabell	1
20:00-21:00	pilates	all	Ivona	2
Tuesday				
07:00-08:00	vinyasa flow yoga	all	Nadine	1
07:00-08:00	pilates	all	Brooke	2
08:30-09:30	vinyasa flow yoga	all	Shira	1
08:30-09:30	iyengar yoga	all	Rosana	2
10:00-11:15	slow flow yoga	all	Scarlett	1
10:00-11:30	vinyasa flow <i>until 29 Jan.</i>	all	Kimann	2
10:00-11:30	capoeira <i>from 5 Feb. new</i>	all	Charli	2
11:30-12:45	flow & restore yoga	all	Flo	1
12:30 -13:30	ashtanga yoga	all	Mina	2
13:00-14:00	pilates	all	Brooke	1
17:00-18:15	jivamukti yoga	all	Gillian	2
17:00-18:15	yin yoga	all	Ana	1
18:30-19:45	vinyasa flow yoga	1	Ana	2
18:45-19:45	pilates	all	Akane	1
20:00-21:30	ashtanga yoga	2	Jayne	2
20:00-21:30	slow flow yoga	all	Shira	1
Wednesday				
07:00-08:00	vinyasa flow yoga	all	Jayne	1
07:00-08:00	slow flow yoga	all	Sally-Anne	2
08:30-09:30	vinyasa flow yoga	all	Frankie	2
08:45-09:45	pilates	all	Alessandra	1
10:00-11:30	ashtanga yoga	all	Emanuela	2
10:00-11:30	iyengar yoga	all	Liz	1
11:45-12:45	postnatal pilates*	all	Alessandra	1
13:00-14:00	vinyasa flow yoga	1	Eryck	1
13:00-14:00	pilates	all	Symeon	2
16:00-16:30	kids ballet 3-5**	1	Cara	1
16:30-17:10	kids ballet 6-10**	1	Cara	1
17:15-18:15	adult ballet fitness	1	Cara	1
17:00-18:15	flow & restore yoga	all	Sally-Anne	2
18:30-19:45	iyengar yoga	all	Louise	1
18:30-20:15	pregnancy yoga†	all	Kirsty	2
20:00-21:00	pilates	1	Symeon	2

\* Incl. creche and tea (newborn to crawling)

\*\*Term time only - £5 drop in

‡ Incl. creche (crawling to age 2)

† Incl. tea and chat

Thursday		Level		Studio
07:00-08:00	vinyasa flow yoga	all	Alice T.	1
07:00-08:00	pilates	all	Brooke	2
08:30-09:30	vinyasa flow yoga	all	Jayne	1
08:30-09:30	yoga & meditation	all	Sally-Anne	2
10:00-11:30	iyengar yoga	2	Louise	1
10:00-11:30	vinyasa flow yoga	all	Flo	2
12:00-13:00	pilates	all	Akane	1
12:30 -13:30	jivamukti yoga	all	Jules	2
14:00-15:00	postnatal yoga*	all	Kirsty	1
15:30-16:15	postnatal yoga ‡	all	Kirsty	1
16:30-18:00	jivamukti yoga	all	Jules	1
17:00-18:15	slow flow yoga	all	Frankie	2
18:15-19:15	tai chi	all	Ping	1
18:30-20:00	iyengar yoga	all	Liz	2
19:30-20:30	pilates	all	Ivona	1
20:15-21:30	vinyasa flow yoga	all	Shira	2
20:45-21:45	restorative yoga	all	Flo	1
Friday				
06:45-07:45	ashtanga yoga	all	Aleksei	1
07:00-08:00	iyengar yoga	all	Aubrey	2
08:00-09:00	vinyasa flow yoga	all	Aleksei	1
08:30-09:30	pilates	all	Danai	2
09:15-10:15	pregnancy pilates	all	Jen	1
10:00-11:30	vinyasa flow yoga	all	Isabell	2
10:30-11:30	pilates	all	Jen	1
11:45-12:45	postnatal pilates*	all	Jen	1
13:00-14:00	vinyasa flow yoga	all	Scarlett	1
13:00-14:00	slow flow yoga	all	Sally-Anne	2
15:00-16:30	slow flow yoga	2	Shira	1
16:45-18:15	restorative yoga	all	Flo	1
17:15-18:15	natural movement <b>new</b>	all	Bradley	2
18:30-19:30	pranayama & meditation	all	Flo	1
Saturday				
08:00-09:00	yoga & meditation <b>new</b>	all	Emanuela	2
09:00-10:00	pilates	2	Akane	1
09:15-10:15	ashtanga yoga	all	Jayne	2
10:00-11:00	pilates	all	Akane	1
10:30-12:00	vinyasa flow yoga	all	Kate	2
11:15-12:45	vinyasa flow yoga	all	Shira	1
12:15-13:45	slow flow yoga	all	Kate	2
13:00-14:30	iyengar yoga	all	Alan	1
15:30-17:00	vinyasa flow yoga	all	Isabell	1
17:15-18:15	pranayama & meditation	all	Isabell	1
Sunday				
08:45-09:45	yoga & meditation <b>new</b>	all	Joelle	2
08:45-09:45	ashtanga yoga	all	Tony	1
10:00-11:00	pilates	all	Symeon	1
10:00-12:00	pregnancy yoga†	all	Kirsty	2
11:15-12:45	iyengar yoga	all	Louise	1
11:45-13:00	slow flow yoga	all	Catrin	2
13:00-14:30	vinyasa flow yoga	2	Shira	1
13:15-14:15	ashtanga yoga	1	Emanuela	2
14:30-15:30	pregnancy pilates	all	Symeon	2
15:00-16:30	flow & restore yoga	all	Catrin	1
15:45-16:45	pilates	all	Symeon	2
16:45-18:15	vinyasa flow yoga	all	Eryck	1
17:00-18:30	iyengar yoga	1	Alice K.	2
18:30-19:30	yoga nidra	all	Catrin	1
18:45-20:00	jivamukti yoga	all	Aleksei	2