

Summer 2024 Timetable

Monday 15 April to Sunday 23 July (14 weeks)



Ensure to book for in-person classes. There is no need to book if coming online - email to request Zoom links.

Please see our website for Prices of membership options and subscriptions.

① Yoga Classes Pilates Classes Well-being classes

Where: S = Studio <booking essential> O = Online <via Zoom> Level: 1 = Beginner 2 = Intermediate G = Gentle A = Active

General classes

Day	Time	Min	Where	Class	Level	Teacher	Class level and approach
Mon	0915	75 min	S & O	Enjoying Yoga	1/2 - A	Maya	Develop a deeper practice.
	1045	75 min	S & O	Starting Yoga	1 - G	Maya	Learn & practice the basics
	1900	55 min	Online	Pilates with Lena	1/2 - A	Lena	Trim & tone developing the basis of good posture and core strength
	1930	75 min	S & O	Enjoying Yoga	1/2 - G	Anne-Laure	A flowing class to set yourself up for the week ahead
Tues	0630	60 min	S & O	Slow Flow Yoga	1/2 - G	Maya	Early morning class - embrace the new day with Yoga
	0930	75 min	Online	Enjoying Yoga	2 - A	Jemma	Develop a deeper practice.
	0930	55 min	S & O	Enjoying Pilates	1/2 - A	Oxana	Trim & tone developing the basis of good posture and core strength
	1745	60 min	S & O	Enjoying Yoga	1/2 - G	Sue T	A flowing restorative and energising class
Wed	2005	55 min	S & O	Gentle Pilates	1/2 - G	Oxana	Ease out tension and build up strength. Realign and rebalance
	0930	75 min	S & O	Gentle Yoga	1/2 - G	Jemma	A gentle restorative class - also suitable if recovering from injury
	1230	45 min	S & O	Mobility Pilates	1/2 - G	Oxana	Get moving gently to strengthen and get more mobile.
	1930	75 min	Online	Enjoying Yoga	1/2 - A	Holly	A dynamic flow class: delve into the next steps of your practice
Thurs	1945	75 min	Studio	Enjoying Yoga	2 - A	Aude	Dynamic & energising. A fun & fiery class. Play with the stronger poses
	0730	60 min	S & O	Slow Flow Yoga	1/2 - G	Maya	Not so early morning class! Embrace the new day with Yoga.
	0930	55 min	S & O	Enjoying Pilates	1/2 - G	Aga	Trim & tone developing the basis of good posture and core strength
	2005	55 min	S & O	Enjoying Pilates	1/2 - A	Oxana	Ease out pain and build up strength. Realign and rebalance
Fri	0730	60 min	S & O	Enjoying Yoga	1/2 - A	Sue T	Graceful dynamic flows to bring in some energy to end your week
	0915	75 min	S & O	Enjoying Yoga	1/2 - A	Maya	Consolidate the basics plus the next steps
	1045	60 min	S & O	Gentle Yoga	1/2 - G	Maya	A gentle restorative class - also suitable if recovering from injury
	1400	30 min	Studio	Mum&Toddler Yoga	A	Lynsey	Using Yoga to get connected. Ages 18 months to 3 years
* 6-week courses. Book now	1630	45 min	Studio	Parent&Child	A	Aude	Yoga poses for fun and creativity. Get Confident. Ages 6 to 12
Sat	0800	60 min	S & O	Gentle Yoga	1/2 - G	Maya	Start the weekend early with a yoga 'fix'
	1030	60 min	S & O	Enjoying Yoga	1/2 - G	Lynsey	A peaceful class to calm the mind and body
Sun	0930	70 min	S & O	Enjoying Yoga	1/2 - A	Elizaine	Use the breath & postures to recharge & reconnect
	1800	60 min	S & O	Relax & Re-energise	All	Various	1st & 3rd Sunday -Yoga Nidra, 5th Meditation

* - see additional details on our website.

Pregnancy classes

Join from 13 weeks. Help to ease the ache, pains and energy dips to create ideal conditions for a vibrant pregnancy.

Tues	1900	55 min	S & O	* Register Interest	Oxana	Enjoy the choice! Some prefer one to the other - some use both, enjoying the similarities as well as the differences. While Yoga gives attention to breathing techniques and relaxation strategies, both Yoga & Pilates will help you keep in shape and prepare for labour. *The Tuesday 19.00 Pilates & Saturday 11.45 Yoga will restart to meet demand.
Wed	1830	60 min	S & O	Pregnancy Yoga	Anne-Laure	
Thurs	1900	55 min	S & O	Pregnancy Pilates	Oxana	
Sat	0915	60 min	S & O	Pregnancy Yoga	Lynsey	
	1145	70 min	Studio	* Register Interest	tbc	

Post Natal Courses - Baby comes too

To join our current 6-week course, get in touch for details. Give yourself time to reconnect to your body and energy.

Tues	1045	60 min	Studio	Mum & Baby Yoga	Maya	Next courses start mid-April. Suitable when baby is 6 weeks old+ and mum has had sign-off from GP. Come to regain strength and increase vitality. Bring baby! Little one joins in for Yoga and watches in Pilates :).
Wed	1100	55 min	Studio	Post-natal Pilates	Oxana	
Thurs	1045	55 min	Studio	Post-natal Pilates	Aga	

For more information or to book email us on: bookings@boco-uk.com

We reserve the right to amend this timetable. Times and/or teachers are subject to change.

Our privacy notice can be seen on <http://www.boco-uk.com/privacynotice.html>

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www.boco-uk.com

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