

Autumn Timetable

Monday 4 Sept to Sunday 17 Dec 2017



Classes run all year round and the timetable is generally the same during the holidays. This term is 15 weeks long
New to BoCo? Try 2 Taster Classes for £20.

General classes:

① Yoga Classes Pilates Classes Well-being classes

Class Level Key: G = Gentle A = Active 1 = Beginner 2 = Intermediate 3 = Advanced **P = Pregnancy**

Day	Time	Min	Class	Level	Teacher	Class level and approach
Mon	0915	75 min	Enjoying Yoga	1/2 – A	Maya	Develop a deeper practice
	1035	75 min	Starting Yoga	1 – G	Maya	Learn & practice the basics
	1800	55 min	Enjoying Pilates	1/2 – G	Laura	Learn & practice the basics
	1900	55 min	Pregnancy Pilates	P	Laura	Helps maintain your strength & posture & assist your labour
	2005	75 min	Starting Yoga	1/2 – A	Gaia	Learn & practice the basics. Optional 10 mins meditation after class
Tues	0930	75 min	Enjoying Yoga	2/3 – A	Karin	A deeper practice – for more experienced yoga practitioners
	1900	55 min	Pregnancy Pilates	P	Laura	Helps maintain your strength & posture & assist your labour
	2000	55 min	Enjoying Pilates	1/2 - A	Laura	Improve core stability & address musculo-skeletal pain in spine
* NB Location	1900	60 min	Core Strength	1/2 - A	Maya	Develop the basis of good posture. NB: Class is held in Claygate. See directions overleaf
Wed	0915	75 min	Gentle Yoga	1/2- G	Karin	A gentle class - also suitable if recovering from injury
	1145	55 min	Starting Pilates	1/2 - G	Laura	Develop the basis of good posture
	1900	70 min	Pregnancy Yoga	P	Holly	Helps maintain your strength & posture & assist your labour
	2015	75 min	Starting Yoga	1/2 – A	Holly	A dynamic flow class: learn & practice the basics.
Thurs	0615	60 min	Enjoying Yoga	1/2 - G	Maya	Embrace the new day with yoga
	0930	55 min	Starting Pilates	1/2 - A	Aga	Learn the basics and practise the next steps
	1300	45 min	Lunchtime Pilates	1/2 - A	Aga	Perfect time to fit a class into your busy schedule
	1400	60 min	Calming the Mind	All - A	Jo	Develop practical tools of mindfulness and movements to help create well-being of mind.
*NEW CLASS	1745	60 min	Enjoying Yoga	1/2 – A	Jo	Starting 26 Oct: A flowing yoga class - connect to your vibrancy!
	1900	55 min	Pregnancy Pilates	P	Lena	Helps maintain your strength & posture & assist your labour
	2000	55 min	Starting Pilates	1/2 - G	Lena	Develop the basis of good posture
Fri	0730	60 min	Power Yoga	1/2 – A	Kate W	Accessible Ashtanga yoga, working on strength, flexibility & breath
	0915	75 min	Enjoying Yoga	1/2 – A	Maya	Consolidate the basics plus the next steps
	1930	60 min	Active Yoga	All	Gaia	Active & energising - a chance to play with the poses
Sat	0800	60 min	Enjoying Yoga	1/2 - G	Maya	Start the weekend early with a yoga 'fix'
	0910	60 min	Pregnancy Yoga	P	Jo	Helps maintain your strength & posture & assist your labour
	1015	70 min	Gentle Yoga	1/2 - G	Jo	A gentle class with variations & suitable for recovery from injury
	1145	75 min	Pregnancy Yoga	P	Jo	A 3rd class in the week to meet demand
Sun	0930	90 min	Enjoying Yoga	1/2 – A	Gaia/Maya	Develop a deeper practice: (75 min if Workshops are running)
	1815	60 min	Yoga Nidra	All	Maya	1th and 3rd Sunday monthly. Restorative, refreshing & restful

Explore and enjoy the rich variety of classes that BoCo offers - see website for more details & info on teachers and benefits

Post Natal Courses

Choose from Yoga or Pilates - Courses are generally over 6 weeks and there may be a break for school half term. Each session is 55 minutes and if you miss a session you can make up by attending a general class (without baby). Suitable when baby is 6 weeks old+. Please read full details on the website.
 Non-members can do one course – to continue it is £30 for Post-natal membership. Courses suitable till baby crawls.

Baby can come and watch!				Baby joins in 😊			
Wednesday @ 1035	Pilates	Laura	Next course: 25 Oct	Mondays @ 1230	Yoga	Holly	Next course: 30 Oct
Thursdays @ 1035	Pilates	Aga	Next course: 26 Oct	Mondays @ 1340	Yoga	Holly	Next courses: 30 Oct
Post natal courses are demand led and we have some flexibility re timings. Please do contact us if you would like to attend a course as a group or with a request for a different time. Start date of new courses may be delayed 1 week if undersubscribed.				Tuesdays @ 1100	Yoga	Jo	Next courses: 24 Oct
				Tuesdays @ 1215	Yoga	Jo	Next courses: 24 Oct
				Thursdays @ 1145	Yoga	Jo	Next course: 26 Oct

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

More details overleaf /...

New to BoCo? Try 2 Taster Classes for £20

Choose any two classes from the timetable. Beginner/Intermediate levels and the pace of the class are shown. You'll find the teachers and class times to suit you.

Membership

We are a membership organisation and there is a one-off membership fee of £60. We offer a 25% discount if you join immediately after your first or second class (£45). There is a 50% discount for Pre and Post-Natal membership or if you want to join for a limited period of 6 months (£30). For under 25s, over 60s and additional family members there is a 66% discount (£20).

Book a Class

Please book ahead to ensure your place. Classes are usually limited to 12 people. 14 is the maximum. Email us on bookings@boco-uk.com to book your first class, or call 0208 399 3930 before 1 pm or after 6.30 pm.

T1 Members can choose to book one set class for the term, or book their classes week by week. If you miss your set class, you can attend any other class instead during that term. It is just £10 to come to an extra class in a week if you find you have some extra time for yourself.

Limited Monthly and Annual members can book up to 2 set classes a week and book weekly for other classes.

Unlimited Monthly members can book up to 5 set classes a week and book weekly for other classes.

Cancellation Charge

For Pay-as-you Go members the full fee is payable for no show or same-day cancellation.

For Pre-paid members you can switch to another class with no charge with 24+ hours notice otherwise the class is deemed as used.

Tuesday Class in Claygate

Core Strength class on MOST Tuesday evenings are held at the Parish Rooms, Holy Name Church, 42 Arbrook Lane, Claygate, Esher KT10 9EE. For directions see website. Classes do not run at half term or in the Easter and Christmas holidays.

Sunday classes

Some Sunday classes will run for 75 minutes because of yoga teacher training at the studio.

DTE: Down to Earth – Hypnobirthing

From 10 October, we will run regular weekend workshops rather than a weekly class. Please contact us for the next date. There is no particular dress code – comfy clothing so that you are comfortable sitting/lying on the mats. If combined with pre-natal Yoga, partners are welcome for come along. It the last hour of the workshop and costs £10 for partner to join the Hypno-birthing part of the session. Ideally, avoid any caffeine within 2 hours to get the maximum benefit.

Yoga Nidra

A guided meditation that is designed to promote a profound release of the tension that can accumulate – whether it be in the physical, mental &/or emotional layers. Yoga Nidra also helps to reset our sleeping pattern so that it is more efficient and you awaken feeling refreshed and reinvigorated. These are now included in the rates for monthly and annual members. Usually first & third Sunday each month, at 6.15pm – please ensure you pre-book.

Parking

Large car parks are nearby. There is also metered street parking which is free after 6.30pm. Restrictions in permit zones also lift after 6.30pm. See our website for more details.

Please note: We reserve the right to amend this timetable at any point. Depending on circumstances, times and/or teachers may be subject to change. If you are booked in for the class, we will do our best to notify you of any changes in advance.