

# Autumn Timetable

Monday 3 September to Sunday 16 December 2018



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:**

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

① Yoga Classes Pilates Classes Well-being classes

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	Lena	Trim & tone developing the basis of good posture and core strength
*New Class	1900	55 min	Gentle Pilates	1/2 - G	Lena	Develop the basis of good posture
	2005	85 min	Enjoying Yoga	1/2 – A	Gaia	Whatever your level, find your flow and get your Yoga 'fix'
Tues	0930	75 min	Enjoying Yoga	1/2 – A	Karin	Develop a deeper practice
	1745	60 min	Starting Yoga	1/2 – G	Sue	Learn & practice the basics
	1900	55 min	Pregnancy Pilates	P	Lena	Helps maintain your strength & posture & assist your labour
	2000	55 min	Active Pilates	1/2 - A	Lena	Trim & tone developing the basis of good posture and core strength
* Claygate	1900	60 min	Core Strength	1/2 - A	Maya	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
*New Time	1100	55 min	Enjoying Pilates	1/2 - G	Sally	Trim & tone developing the basis of good posture and core strength
	1900	70 min	Pregnancy Yoga	P	Holly	Helps maintain your strength & posture & assist your labour
	2015	75 min	Enjoying Yoga	1/2 – A	Holly	A dynamic flow class: learn & practice the basics.
Thurs	0615	60 min	Slow Flow 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
	1400	60 min	Calming the Mind	All	Jo	Gloriously relaxing - perfect class for de-stressing heads!
	1745	60 min	Starting Yoga	1/2 – A	Jo	A flowing re-energising class
	1900	55 min	Pregnancy Pilates	P	Francesca	Helps maintain your strength & posture & assist your labour
	2000	55 min	Gentle Pilates	1/2 - G	Francesca	Develop the basis of good posture
Fri	0730	60 min	Enjoying Yoga	1/2 – A	Sue	An energetic class, working on strength, flexibility & breath
	0915	75 min	Enjoying Yoga	1/2 – A	Maya	Consolidate the basics plus the next steps
	1045	75 min	Gentle Yoga	1/2 - G	Karin	A gentle class - also suitable if recovering from injury
	1915	60 min	Enjoying Yoga	1/2 - G	Gaia	Perfect end to the week. Chill whatever your level
Sat	0800	60 min	Enjoying Yoga	1/2 - G	Maya	Start the weekend early with a yoga 'fix'
	0910	60 min	Pregnancy Yoga	P	Holly	Helps maintain your strength & posture & assist your labour
	1015	70 min	Gentle Yoga	1/2 - G	Holly	A gentle class with variations. Suitable for recovery from injury
	1145	75 min	Pregnancy Yoga	P	Holly	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	1st & 3rd Sunday of the month. 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

Suitable when baby is 6 weeks old+. 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 on another day when there is space on a concurrent course or by attending a general class (without baby). Discount for 2 courses - full details on the website.

Non-members can do first course. To continue it is £30 for Post-natal membership.

Baby can come and watch!				Baby joins in 😊			
Wednesday @ 1230	Pilates	tbc	Next course: 9 Jan 19	Mondays @ 1230	Yoga	Holly	Next course: 14 Jan
Thursdays @ 1035	Pilates	Aga	Next course: 10 Jan 19	Tuesdays @ 1100	Yoga	Jo	Next courses: 16 Jan
Thursdays @ 1035	Pilates	Aga	Next course: 10 Jan 19	Tuesdays @ 1215	Yoga	Jo	Next courses: 16 Jan
Please contact us if you would like to attend a course as a group or with a request for a different time. <b>NB: To make up missed sessions - see over.</b>				<b>Yoga for Mum - Play area for babies who are rolling and crawling</b>			
				Mondays @ 1340	Yoga	Holly	Next courses: tbc

For more information or to book email us on: [bookings@boco-uk.com](mailto:bookings@boco-uk.com)

More details overleaf /...

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### 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).

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

### 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](mailto: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.

### Missed Post Natal sessions

With numbers restricted to 8 for the post-natal sessions, our margins are tight so there are a few restrictions on making up sessions that you are not able to attend. You can make up the sessions by attending any appropriate general class on the timetable in the current term or, if there is space, in another parallel PN course. Please email us if you are unable to do this and would like to request for up to 2 missed sessions to be rolled over to the next series or term - prior agreement is required for this.

### Hypnobirthing

Sarah Tulloch is running these weekend workshop. More details are on the website. Please contact us for the next date.

### 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

Occasionally Sunday classes may run for 75 minutes rather than 90 minutes.

### 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 re-establish a sleeping pattern that is more efficient so that 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.*