

# Autumn Timetable

Monday 9 September to Sunday 22 December 2019 - 15 weeks



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

Class Level Key: 1 = Beginner 2 = Intermediate G = Gentle A = Active

① Yoga Classes Pilates Classes Well-being classes

**General classes** - Book week to week or have one or two set classes a week. See Rates sheet for Pricing Options

Day	Time	Min	Class	Level	Teacher	Class level and approach
<b>Mon</b>	0915	75min	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
	1900	60 min	Gentle Yoga	1/2 - G	Karin	A gentle restorative class. Learn & practice the basics
	2010	75 min	Enjoying Yoga	1/2 – A	Gaia	Whatever your level, find your flow and get your Yoga 'fix'
<b>Tues</b>	0930	75 min	Enjoying Yoga	2 – A	Karin	Develop a deeper practice
	1745	60 min	Starting Yoga	1/2 – G	Sue	Learn & practice the basics
	2000	55 min	Active Pilates	1/2 - A	Lena	Trim & tone developing the basis of good posture and core strength
<b>*Back in Oct</b>	1900	60 min	Core Strength	1/2 - A	Maya	NB: Class is in Arbrook Lane, Claygate, Esher - details overleaf
<b>Wed</b>	0915	75 min	Gentle Yoga	1/2 - G	Karin	A gentle restorative class - also suitable if recovering from injury
<b>* New time</b>	1035	55 min	Enjoying Pilates	1/2 - G	Sally	Trim & tone developing the basis of good posture and core strength
	2015	75 min	Enjoying Yoga	1/2 – A	Nicole	A dynamic flow class: learn & practice the basics.
<b>Thurs</b>	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
	1300	45 min	Lunchtime Pilates	1/2 - A	Aga	For a perfectly toned work/life balance!
	1400	60 min	Calming the Mind	All	Christine	Gloriously relaxing - perfect class for de-stressing heads!
	1745	60 min	Starting Yoga	1/2 – A	Maya	A peaceful re-energising class
	2000	55 min	Gentle Pilates	1/2 - G	Diana	Develop the basis of good posture
<b>Fri</b>	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 restorative 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
<b>Sat</b>	0800	60 min	Enjoying Yoga	1/2 - G	Maya	Start the weekend early with a yoga 'fix'
	1015	70 min	Gentle Yoga	1/2 - G	Szilvia	A gentle class with variations. Suitable for recovery from injury
<b>Sun</b>	0930	75 min*	Enjoying Yoga	1/2 – A	Gaia/Maya	Develop a deeper practice *60 min class once a month.
<b>* pre-book!</b>	1815	60 min	Yoga Nidra	All	Maya	1st & 3rd Sunday of the month - Restorative, refreshing & restful

**Pregnancy classes** - Book week to week or have one or two set classes a week. See Rates sheet for Pricing Options

<b>Tues</b>	1900	55 min	Pregnancy Pilates	1/2 - A	Lena	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.
<b>Wed</b>	1900	70 min	Pregnancy Yoga	1/2 – A	Szilvia	
<b>Thurs</b>	1900	55 min	Pregnancy Pilates	1/2 - G	Diana	
<b>Sat</b>	0910	60 min	Pregnancy Yoga	1/2 – A	Szilvia	
	1145	75 min	Pregnancy Yoga	1/2 – G	Szilvia	

**Post Natal Courses** - Sign up for a 6 week course - options to make up missed sessions. (Taster Offer does not apply)

Suitable when baby is 6 weeks old+. Sessions are 60 mins. 10% discount on 2nd course if you want to come twice a week. Non-members can try one course and to continue it is £25 for Post-natal membership. See website for full details.

Pilates with Aga - Baby can come and watch!				Yoga - Baby joins in 😊			
Wednesday @	1230	Advanced	Next course: tbc	Mondays @	1230	Szilvia	Next course: 16 Sep 19
Thursdays @	1030	Beginners	Next course: 12 Sep 19	Tuesdays @	1100	Szilvia	Next course: 17 Sep 19
Thursdays @	1135	Intermediate	Next course: 26 Sep 19	Tuesdays @	1215	Szilvia	Next course: 1 Oct 19
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 and details on website.</b>				<b>Yoga for Mum - Play area for babies who are rolling and crawling</b>			
				Mondays @	1340	Szilvia	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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### General & Pre-Natal classes - New to BoCo? Try 2 Taster Classes for £20

Choose any two general or pre-natal 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. It is £45 (25% discount) if you join immediately after your first or second class. For under 25s, over 60s and additional family members, it is £35. If you want to join for a limited period of 6 months, it is £30.

Pre-natal Membership is £40 and includes benefits. You get reminders of classes booked, waiver of cancellation fees and discounts on Post-natal courses. See our Rates Sheet for full details.

Non-members can do one Post-Natal course and to continue, Post-Natal membership is £25

### 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.

### Class Prices - General & Pre-Natal classes:

There are different options depending on how you regularly and often you want to come to classes. Please see our Prices for full details and conditions.

**Pay-as-you-go Rates are available on general and pre-natal classes.** Pay for a single class or buy a 6 class pass which is valid for 3 months. Members can book their class week by week.

### Pay-in-advance Rates depend on the classes you want to attend:

**The T1 rate - one weekly pre-booked class for the term - is available on general and pre-natal classes.** If you miss a class one week, you can attend any other class instead during that term. It is just £12 to come to a 2nd class in a week if you find you have some extra time for yourself. For general classes, T1 Members can also choose to book their class week by week.

**The T2 rate - two weekly pre-booked classes - for the term is available on pre-natal classes only.**

**General classes only are included in the Monthly and Annual subscription.** Limited Monthly and Annual members can pre-book up to 2 set classes a week. Unlimited Monthly members can pre-book up to 5 set classes a week. Book weekly for other classes.

### Cancellation Charges

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

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

**NB: Core Strength Class will resume in October 19** - A yoga-based class to connect with your core.

The Core Strength class which runs on MOST Tuesday evenings are 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.

**NB: Sunday 9.30am Yoga** - 1 hour class on 13 & 27 Oct, 24 Nov, and 15 Dec 2019. This will continue monthly to 12 July 20.

**NB: Yoga Nidra** - A guided deep relaxation technique. Please ensure you pre-book. Late entry is not permitted.

### Parking

Please see our website for full details. There is metered street parking close by which is free after 6.30pm. Ensure to check restrictions in permit zones. The restrictions lift after 6.30pm. There are also a few car parks in easy walking distance.

### Post Natal Courses - 1st course open to non-members. £30 for 6 months membership thereafter

The sessions are over 6 weeks and numbers restricted to 8 Mums. You can start midway and make up missed sessions by attending an appropriate general class in the current term or, if there is space, in another parallel PN course. If you 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.

The Taster Offer of 2 classes for £20 does not apply to post natal courses.

*Please note: We reserve the right to amend this timetable. 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.*

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