

Spring Timetable

Monday 6 January to Sunday 5 April 2020 - 13 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
Mon	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'
	0930	75 min	Enjoying Yoga	2 – A	Karin	Develop a deeper practice
* New time	1800	55 min	Enjoying Yoga	1/2 – A	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
Wed	0915	75 min	Gentle Yoga	1/2- G	Karin	A gentle restorative class - also suitable if recovering from injury
	1035	55 min	Gentle Pilates	1/2 - G	Oxana	Trim & tone developing the basis of good posture and core strength
* New class	1215	75 min	Kundalini Yoga	All	Victoria	Expand your practice. Joyful chanting, meditation & visualisations
	2015	75 min	Enjoying Yoga	1/2 – A	Nicole	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 (Please ask if you are interested in early morning class on Fridays at 7.30am.)
	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!
* New time	1350	60 min	Calming the Mind	All	Christine	Gloriously relaxing - perfect for de-stressing heads (pre-school pick up!)
	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
Fri	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
* pre-book!	1945	90 min	Yoga Bliss	All	Various	1st & 3rd Friday each month - End of week: some glorious me-time!
Sat	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
Sun	0915	75 min	Enjoying Yoga	1/2 – A	Kim	Develop a deeper practice
* New class	1035	70 min	Gentle Yoga	1/2 - G	Kim	A gentle class with variations. Suitable for recovery from injury**
* pre-book!	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

Tues	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.
Wed	1900	70 min	Pregnancy Yoga	1/2 – A	Szilvia	
Thurs	1900	55 min	Pregnancy Pilates	1/2 - G	Diana	
Sat	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 😊			
Thursdays @	1030	Beginners	Next course: 9 Jan 20	Mondays @	1230	Szilvia	Next course: 13 Jan 20
Thursdays @	1135	Intermediate	Next course: 9 Jan 20	Tuesdays @	1100	Szilvia	Next course: 14 Jan 20
Some space on current courses. Contact Reception to join. Please contact us if you would like to attend a course as a group.				Tuesdays @	1215	Szilvia	Next course: 21 Jan 20
				Yoga for Mum - Play area for babies who are rolling and crawling			
NB: To make up missed sessions - see over and details on website.				Mondays @	1340	Szilvia	Next courses: tbc

For more information or to book email us on: 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 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.

Monthly and Annual subscription. Only general classes are included in the 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: Yoga Nidra - A guided deep relaxation technique. Please ensure you pre-book. Late entry is not permitted.

****NB: Sunday 10.35am Yoga** – This class will not run on the 26 January, 23 February and 15 March.

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 courses generally run for 6 weeks and numbers are restricted to 8 Mums. You can join a course midway if you have all-clear from midwives to exercise. If you have to miss a session, you can make it up, if there is space, in another parallel PN course or by attending an appropriate general class in the current term. In exceptional circumstances, you can 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>