

# Summer Timetable

## Tuesday 18 April to Sunday 23 July 2017



Classes run all year round and the timetable is generally the same during the holidays. This term is 12 weeks long  
**New to BoCo?** Try 2 Taster Classes for £20. Temporary membership available

### General classes and Pregnancy classes

Day	Time	Min	Class	Level	Teacher	Class level and approach
<b>Mon</b>	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	Gentle Pilates	1/2 – G	Sally	Learn & practice the basics
	1900	60 min	Enjoying Pilates	1/2 – A	Sally	Consolidate the basics plus the next steps
	2005	75 min	Starting Yoga	1/2 – A	Gaia	Learn & practice the basics. Optional 10 mins meditation after class
<b>Tues</b>	0945	90 min	Enjoying Yoga	3 – A	Colin/ Christina	A deeper practice – for teachers & experienced yoga practitioners
	1900	55 min	Pilates for Pregnancy	<b>P</b>	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
	1900	60 min	Core Strength	1/2 - A	Maya	Develop the basis of good posture. <b>NB: Class is held in Claygate. See directions overleaf</b>
<b>Wed</b>	*0915	75 min	Gentle Yoga	1/2- G	Karin	A gentle class with variations & suitable for recovery from injury
	*NEW TIME *1145	75 min	Enjoying Yoga	1/2 – A	Karin	Consolidate the basics plus the next steps
	1900	70 min	Pregnancy Yoga	<b>P</b>	Holly	Helps maintain your strength & posture & assist your labour
	2015	75 min	Enjoying Yoga	1/2 – A	Holly	A dynamic flow class: consolidate the basics plus the next steps
<b>Thurs</b>	0615	60 min	Enjoying Yoga	1/2 - G	Maya	Embrace the new day with yoga
	0930	55 min	Starting Pilates	1/2 - A	Kate C	Learn the basics and practise the next steps
	1300	45 min	Lunchtime Pilates	1/2 - A	Sally	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.
	1845	55 min	Pregnancy Pilates	<b>P</b>	Lena	Helps maintain your strength & posture & assist your labour
	1945	55 min	Starting Pilates	1/2 - G	Lena	Develop the basis of good posture
<b>Fri</b>	0730	60 min	Power Yoga	1/2 – A	Kate W	* <b>NEW CLASS</b> - Accessible Ashtanga yoga class, working on strength, flexibility and breath
	0915	75 min	Enjoying Yoga	1/2 – A	Maya	Consolidate the basics plus the next steps
	1100	75 min	DTE: Hypnobirthing	<b>P</b>	Kathryn	Hypnobirthing and birth mindset coaching. Partners welcome
	1900	60 min	Active Yoga	All	Gaia	Active & energising - a chance to play with the poses
<b>Sat</b>	0800	60 min	Enjoying Yoga	1/2 - G	Maya	Start the weekend early with a yoga 'fix'
	0910	60 min	Pregnancy Yoga	<b>P</b>	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	<b>P</b>	Jo	A 3rd class in the week to meet demand
<b>Sun</b>	0930	90 min	Enjoying Yoga	1/2 – A	Maya/Gaia	Develop a deeper practice: (75 min if Workshops are running)
	1815	60 min	Yoga Nidra	All	Maya	<b>1<sup>th</sup> and 3<sup>rd</sup> Sunday monthly.</b> Restorative, refreshing & restful

① Yoga Classes      Pilates Classes      Well-being classes

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

Explore and enjoy the rich variety of classes that BoCo offers - see website for full details

### 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. Hypnotherapy sessions will start in June. Non-members can do one course before joining.

Baby can come and watch!				Baby joins in 😊			
Wednesday @ 1035	Pilates	Laura	Next course: 7 June	Mondays @ 1230	Yoga	Holly	Next course: 19 June
Thursdays @ 1035	Pilates	Kate	Next course: 8 June	Tuesdays @ 1245	Yoga	Jo	Next course: 20 June
				Tuesdays @ 1350	Yoga	Jo	Next course: 20 June
				Thursdays @ 1145	Yoga	Jo	Next course: 15 June

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

## **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**

An addition to our Well-Being classes, Kathryn Eales leads this drop-in class. You can use a class pass or if a T1 member can pay £10 if using it as your 2<sup>nd</sup> class in a week. There is no particular dress code – comfy clothing so that you are comfortable sitting/lying on the mats. Partners are welcome and for them, it is £10 for the 75 minute session. Ideally, do not drink any caffeine within 2 hours of the class 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 prebook.

## **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.*