

Summer Holiday Timetable: 24 July – 3 Sept 2017



Most of our regular classes will run during the summer holiday, with teacher cover as necessary. As usual any class with less than 4 booked will be cancelled the previous day.

If you have a T1 subscription and missed classes last term, you can make up a maximum of 2 classes during the holidays. If you want to pay your T1 subscription for next term, you can include any holiday classes and benefit from the discounted rate. Otherwise six class passes or single rates apply, except for annual and monthly members.

Key: Clear box shows date of class
Shaded box indicates class is not running

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

Day	Time	Class	Level	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	
Week commencing:				24 th Jul	31 st Jul	7 th Aug	14 th Aug	21 st Aug	28 th Aug	
Mon	0915	Enjoying Yoga	1/2 – A	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug		
	1035	Starting Yoga	1 – G	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug		
	1800	Gentle Pilates	1/2 – G	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug		
	1900	Enjoying Pilates	1/2 – A	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug		
	2005	Starting Yoga	1/2 – A	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug		
Tues	0930	Enjoying Yoga	2/3 – A	25-Jul			15-Aug	22-Aug	29-Aug	
	1900	Pilates for Pregnancy	P	25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	
	2000	Enjoying Pilates	1/2 - A	25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	
	1900	Core Strength	1/2 - A	25-Jul	01-Aug	08-Aug				
Wed	*0915	Gentle Yoga	1/2- G	26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug	
	1900	Pregnancy Yoga	P	26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug	
	2015	Enjoying Yoga	1/2 – A	26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug	
Thurs	0615	Enjoying Yoga	1/2 - G	27-Jul	03-Aug	10-Aug			31-Aug	
	0930	Starting Pilates	1/2 - A	27-Jul	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug	
	1300	Lunchtime Pilates	1/2 - A	27-Jul	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug	
	1400	Calming the Mind	All - A	27-Jul	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug	
	*NEW TIME	1900	Pregnancy Pilates	P	27-Jul	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug
	*NEW TIME	2000	Starting Pilates	1/2 - G	27-Jul	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug
Fri	0730	Power Yoga	1/2 – A	28-Jul	04-Aug	11-Aug	18-Aug	25-Aug	01-Sep	
	0915	Enjoying Yoga	1/2 - A	28-Jul	04-Aug	11-Aug	18-Aug	25-Aug	01-Sep	
	1815	DTE: Hypnobirthing	All	28-Jul	04-Aug	11-Aug		25-Aug		
	1930	Active Yoga	1/2 - G	28-Jul	04-Aug	11-Aug	18-Aug	25-Aug	01-Sep	
Sat	0800	Enjoying Yoga	1/2 - G	29-Jul	05-Aug	12-Aug	19-Aug	26-Aug	02-Sep	
	0910	Pregnancy Yoga	P	29-Jul	05-Aug	12-Aug	19-Aug	26-Aug	02-Sep	
	1015	Gentle Yoga	1/2 - G	29-Jul	05-Aug	12-Aug	19-Aug	26-Aug	02-Sep	
	1145	Pregnancy Yoga	P	29-Jul	05-Aug	12-Aug	19-Aug	26-Aug	02-Sep	
Sun	0930	Enjoying Yoga	1/2 – A	30-Jul	06-Aug	13-Aug	20-Aug	27-Aug	03-Sep	
	1815	Yoga Nidra	All		06-Aug		20-Aug		03-Sep	

We are continuing Post Natal sessions according to demand. Come to the classes you can - you don't need to sign up for all. Please phone or email to book as spaces are limited.

Post Natal Sessions				Wk1	Wk2	Wk3	Wk4	Wk5	Wk6
Mon	1230	Mum & Baby Yoga	Drop in sessions. Please call to book	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug	
Wed	1035	Post Natal Pilates		26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug
Thur	1145	Mum & Baby Yoga		27-Jul	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug