

Summer Holiday Timetable:

23 July – 2 Sept 2018



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:		23th Jul	30th Jul	6th Aug	14th Aug	20th Aug	27th Aug
Mon	0915	Enjoying Yoga	1/2 – A	23-Jul	30-Jul	06-Aug	13-Aug	20-Aug	
	1035	Starting Yoga	1 – G	23-Jul	30-Jul	06-Aug	13-Aug	20-Aug	
	1800	Enjoying Pilates	1/2 – G	23-Jul	30-Jul	06-Aug	13-Aug	20-Aug	
	1900	Pregnancy Pilates	P	23-Jul	30-Jul	06-Aug	13-Aug	20-Aug	
Tues	2005	Enjoying Yoga	1/2 – A	23-Jul	30-Jul	06-Aug	13-Aug	20-Aug	
	0930	Enjoying Yoga	1/2 – A	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug	28-Aug
	1745	Starting Yoga	1/2 – G	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug	28-Aug
	1900	Pregnancy Pilates	P	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug	28-Aug
* Claygate	2000	Enjoying Pilates	1/2 - A	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug	28-Aug
	1900	Core Strength	1/2 - A					21-Aug	28-Aug
Wed	0915	Gentle Yoga	1/2 - G	25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug
	1205	Enjoying Pilates	1/2 - G	25-Jul		08-Aug		22-Aug	29-Aug
	1900	Pregnancy Yoga	P	25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug
	2015	Enjoying Yoga	1/2 – A	25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug
Thurs	0615	Slow Flow Yoga	1/2 - G	26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug
	0930	Starting Pilates	1/2 - A	26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug
	1300	Enjoying Pilates	1/2 - A	Will resume next term					
	1400	Calming the Mind	All	26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug
	1745	Starting Yoga	1/2 – A	26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug
Fri	1900	Pregnancy Pilates	P	26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug
	2000	Gentle Pilates	1/2 - G	26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug
	0730	Enjoying Yoga	1/2 – A	27-Jul	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug
	0915	Enjoying Yoga	1/2 – A	27-Jul	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug
	1915	Enjoying Yoga	1/2 - G	Will resume next term					
Sat	0800	Enjoying Yoga	1/2 - G	28-Jul	04-Aug	11-Aug	18-Aug	25-Aug	01-Sep
	0910	Pregnancy Yoga	P	28-Jul	04-Aug	11-Aug	18-Aug	25-Aug	01-Sep
	1015	Gentle Yoga	1/2 - G	28-Jul	04-Aug	11-Aug	18-Aug	25-Aug	01-Sep
	1145	Pregnancy Yoga	P	28-Jul	04-Aug	11-Aug	18-Aug	25-Aug	01-Sep
Sun	0930	Enjoying Yoga	1/2 – A	29-Jul	05-Aug	12-Aug	19-Aug	26-Aug	02-Sep
	1815	Yoga Nidra	All		05-Aug		19-Aug		02-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. Classes will run with a minimum of 4 people.

	Post Natal Sessions			Wk1	Wk2	Wk3	Wk4	Wk5	Wk6
Tues	1100	Mum & Baby Yoga	Drop in - call to book	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug	28-Aug
Thurs	1035	Post Natal Pilates		26-Jul	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug