

Summer Holiday Timetable

Monday 29 July to Sunday 8 Sept 2019 - 6 weeks



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.

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	Class	Level	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6
Mon	915	Enjoying Yoga	1/2 - A	29-Jul	05-Aug	12-Aug	19-Aug		02-Sep
	1035	Starting Yoga	1 - G	29-Jul	05-Aug	12-Aug	19-Aug		02-Sep
	1800	Enjoying Pilates	1/2 - G	29-Jul	05-Aug	12-Aug			
	1900	Gentle Yoga	1/2 - G	29-Jul			19-Aug		02-Sep
Tues	2010	Enjoying Yoga	1/2 - A	29-Jul	05-Aug	12-Aug	19-Aug		02-Sep
	930	Enjoying Yoga	1/2 - A	30-Jul	06-Aug	13-Aug	20-Aug	27-Aug	03-Sep
	1745	Starting Yoga	1/2 - G	30-Jul	06-Aug	13-Aug	20-Aug	27-Aug	03-Sep
* Esher	2000	Active Pilates	1/2 - A	30-Jul	06-Aug	13-Aug			
	1900	Core Strength	1/2 - A						
	915	Gentle Yoga	1/2 - G	31-Jul	07-Aug	14-Aug	21-Aug	28-Aug	04-Sep
Wed	1100	Enjoying Pilates	1/2 - G	31-Jul	07-Aug	14-Aug			
	2015	Enjoying Yoga	1/2 - A	31-Jul	07-Aug	14-Aug	21-Aug	28-Aug	04-Sep
	615	Slow Flow Yoga	1/2 - G	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	05-Sep
Thurs	930	Starting Pilates	1/2 - A	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	
	1300	Lunchtime Pilates	1/2 - A	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	
	1745	Starting Yoga	1/2 - A	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	05-Sep
	2000	Gentle Pilates	1/2 - G				22-Aug	29-Aug	05-Sep
Fri	730	Enjoying Yoga	1/2 - A		09-Aug	16-Aug	23-Aug	30-Aug	06-Sep
	915	Enjoying Yoga	1/2 - A	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug	06-Sep
	1045	Gentle Yoga	1/2 - G	02-Aug	09-Aug	16-Aug	23-Aug	30-Aug	06-Sep
	1915	Enjoying Yoga	1/2 - G	02-Aug				30-Aug	06-Sep
Sat	800	Enjoying Yoga	1/2 - G	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug	07-Sep
	1015	Gentle Yoga	1/2 - G	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug	07-Sep
Sun	930	Enjoying Yoga	1/2 - A	04-Aug	11-Aug	18-Aug	25-Aug	01-Sep	08-Sep

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

Tues	1900	Pregnancy Pilates	1/2 - A	30-Jul	06-Aug	13-Aug			
Wed	1900	Pregnancy Yoga	1/2 - A	31-Jul	07-Aug	14-Aug	21-Aug	28-Aug	04-Sep
Thurs	1900	Pregnancy Pilates	1/2 - G				22-Aug	29-Aug	05-Sep
Sat	910	Pregnancy Yoga	1/2 - A	03-Aug	10-Aug	17-Aug	24-Aug	31-Aug	07-Sep

Post Natal Courses - Sign up for the dates you want - options to make up missed sessions. (Taster Offer does not apply)

Suitable when baby is 6 weeks old+. Sessions are 60 mins. Please pre-book. See website for full details.

Mon	1230	Mum & Baby Yoga	Szilvia	29-Jul	05-Aug	12-Aug	19-Aug		02-Sep
Tues	1100	Mum & Baby Yoga	Szilvia	30-Jul	06-Aug	13-Aug	20-Aug	27-Aug	03-Sep
Thurs	1030	Post Natal Pilates	Aga	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	

Yoga with Carina - Sign up for the dates you want - options to make up missed sessions.

Mon	1530	Kids Yoga 9 -12 year olds	Please pre-book.	22-Jul	29-Jul	05-Aug	12-Aug	19-Aug	02-Sep
Mon	1645	Teen Yoga		22-Jul	29-Jul	05-Aug	12-Aug	19-Aug	02-Sep
Thurs	1400	Kids Yoga 4 -8 year olds		25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug
Thurs	1500	Family Yoga		25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug

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

More details overleaf /...

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

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 (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 - 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: Yoga Nidra - A guided deep relaxation technique

Please ensure you pre-book. Late entry is not permitted. Usually held on the first & third Sunday each month. Register your interest for next term.

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.

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