

BoCo Christmas Holiday Classes

17 Dec 2018 to 6 Jan 2019



The timetable is quieter than usual as we are closing to renew studio flooring. Please try a different class if your usual class is not running in the holidays.

Six-class passes or single class rates apply, except for annual members. T1 members paying for next term can include the holiday classes with their payment. The new term will start on Monday 7th January.

Please book at Reception or phone in to book. If you haven't pre-booked, please phone to check that the class is running.

Key: Shaded box indicates class is not running

Clear box shows date of class.

Day	Time	Min	Class	Wk1	Wk2	Wk3	
Mon	915	75 min	Enjoying Yoga	17-Dec	24-Dec	31-Dec	
	1035	60 min	Starting Yoga	17-Dec	@10am	@10am	
	1230	60 min	Course: PN Yoga Mother & Baby	17-Dec			
	1800	55 min	Gentle Pilates	17-Dec			
	2005	75 min	Enjoying Yoga	17-Dec			
Tues	930	90 min	Enjoying Yoga	18-Dec	Merry Xmas	Happy New Year	
	1100	60 min	Course: PN Yoga Mother & Baby	18-Dec			
	1745	60 min	Enjoying Yoga	18-Dec			
	1900	55 min	Pregnancy Pilates				
Wed	2000	55 min	Enjoying Pilates				2-Jan
	915	75 min	Gentle Yoga				2-Jan
	1100	55 min	Starting Pilates				2-Jan
	1900	70 min	Pregnancy Yoga				2-Jan
Thurs	2015	75 min	Enjoying Yoga				2-Jan
	615	60 min	Enjoying Yoga	Closed for studio refit			
	930	55 min	Starting Pilates				
	1400	60 min	Calming the Mind				
	1900	55 min	Pregnancy Pilates				
2000	55 min	Starting Pilates					
Fri	730	60 min	Enjoying Yoga				
	915	75 min	Enjoying Yoga		28-Dec	4-Jan	
	1045	75 min	Enjoying Yoga			4-Jan	
Sat	800	60 min	Enjoying Yoga	22-Dec	29-Dec	5-Jan	
	910	60 min	Pregnancy Yoga	22-Dec	29-Dec	5-Jan	
	1015	75 min	Gentle Yoga	22-Dec	29-Dec	5-Jan	
Sun	930	90 min	Enjoying Yoga	23-Dec	30-Dec	6-Jan	

Please give as much notice as possible if you have to cancel. Class fees are payable for same day cancellation. We reserve the right to cancel a class if not enough people book, and - although most classes have the usual teacher - to substitute teachers if necessary.

