



Summer YOGA

Drop-in classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																		
	7 - 8 am Open GoldenYoga Drop-in with Sallyanne Francesca cover 21 July no class 18, 25 Aug	7 - 8.15 am Ashtanga Yoga Drop-in Rosie				Workshops																																	
		10 - 11.30am Open drop-in Yoga for Pregnancy with Amanda £9/£6.50 until 22 July			9.30 - 11.30am Intermediate drop-in lyengar Yoga (Min 4 years experience) with Sophie no class 29 Aug																																		
10.45am - 12.45pm Open self-practice session £4/£3		11.30am - 12.45pm Open drop-in Post-Natal Yoga with Amanda £9/£6.50 until 22 July		10.45am - 12.45pm Open self-practice session £4/£3	10.15 - 11.45am Beginners drop-in lyengar Yoga with Nina																																		
1 - 2pm Open Drop-in lyengar Yoga with Marco	1 - 2pm Open drop-in lyengar Yoga with Marco nina cover 14,21,28 July	1 - 2pm Open drop-in GoldenYoga with Sallyanne	1 - 2pm Open drop-in Yoga, Body of Light with Angelika cover teacher 23 July	1 - 2pm Open drop-in lyengar with Laura	11.30 - 1.00pm General drop-in lyengar Yoga with Sophie no class 29 Aug																																		
	2.15 - 4.15pm Open self-practice session £4/£3	2 - 3 pm Open drop-in Yoga, Body of Light with Jacqui until 29 July																																					
6 - 7.30pm Open drop - in GoldenYoga with Sallyanne Francesca cover 20 July no class 24, 31 Aug 6 - 7.30pm Beginners Drop - in Yoga, body of light with Angelika (cover teacher 20 July)	6.15 - 7.45pm General drop - in Yoga, body of light with Angelika cover teacher 23 July 6 - 8 pm Workshop General lyengar Yoga with Marco 4, 11, 18, 25 Aug 09 £14.50/£10.50 £48/£36 for all 4	6 - 7.30pm General drop-in Yoga, body of light with Jacqui until 29 July 6.15 - 7.45pm Beginners lyengar Yoga drop-in with Marco nina cover 15,22,29 July	6.30 - 8.15pm Intermediate drop - in Yoga, body of light with Angelika until 30 July		2 - 3.30pm Restorative drop - in lyengar Yoga with Sophie no class 29 Aug																																		
7.30 - 9.30pm Intermediate drop-in lyengar Yoga with Marco no class 20, 27 July	8.00 - 9.30pm Womens open drop-in Yoga, body of light with Angelika cover teacher 23 July	8.00 - 9.30pm General drop-in lyengar Yoga with Nina		7.30 - 9pm Open drop-in lyengar Yoga with Alan (Nina covering until 14 Aug)	10.30am - 12pm Beginners drop-in lyengar Yoga with Nina																																		
Courses			6.30 - 8pm Beginners to general lyengar Yoga with Laura 2 July - 30 July (5wks) 6 Aug - 27 Aug (4wks)																																				
	8 - 9.30pm Beginners lyengar Yoga with Alan 7 July - 4 Aug (5wks) * Helen covering the whole course	7.30 - 9pm Beginners Course Yoga, Body of Light with Jacqui 8 July - 29 July (4wks)	8.15 - 9.30pm Open yoga for cyclists with Rebecca 16 July - 13 Aug (5wks)																																				
				Course Prices (/ = concessions) <table border="1"> <thead> <tr> <th rowspan="2">Weeks</th> <th colspan="4">Class length</th> </tr> <tr> <th>45mins</th> <th>60mins</th> <th>75mins</th> <th>90mins</th> </tr> </thead> <tbody> <tr> <td>4</td> <td></td> <td>£30/£20</td> <td></td> <td>£38/£28</td> </tr> <tr> <td>5</td> <td>£32.50/£20</td> <td>£37.50/£25</td> <td>£42.50/£30</td> <td>£47.50/£35</td> </tr> <tr> <td>6</td> <td>£39/£24</td> <td></td> <td>£51/£36</td> <td>£57/£42</td> </tr> <tr> <td>7</td> <td></td> <td></td> <td></td> <td>£66.50/£49</td> </tr> <tr> <td>Drop-in</td> <td>£8/£5</td> <td>£9/£6</td> <td>£10/£7</td> <td>£11/£7.50</td> </tr> </tbody> </table> Unless otherwise stated. Passes available for all drop-ins			Weeks	Class length				45mins	60mins	75mins	90mins	4		£30/£20		£38/£28	5	£32.50/£20	£37.50/£25	£42.50/£30	£47.50/£35	6	£39/£24		£51/£36	£57/£42	7				£66.50/£49	Drop-in	£8/£5	£9/£6	£10/£7
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						Tuesdays 4, 11, 18, 25 Aug 09 6 - 8 pm General lyengar Yoga with Marco £14.50/£10.50 £48/£36 for all 4																																	
						Wednesday 12 Aug 6 - 8.30 pm Complete Practice Open Yoga, Body of Light with Jacqui £19/£14																																	
						Sunday 16 Aug 10 am - 1 pm General lyengar Yoga with Marco £23/£17																																	