

Be inspired – Yoga Timetable – Monday 16th January 2012 to Wednesday 22nd March 2012

Day	Class	Teacher(s)	Time	Venue	Cost
Mondays	Yoga Flow	Emma	18:15 - 19.35pm	St Martins Community Centre	£9 drop-in or £40 for 5 vouchers
Tuesdays	Children (Age 9 - 14)	Emma	17.00 – 17:45pm	St Peter’s Community Hall	£5
	Yoga Flow	Emma	18:00 - 19.20pm	St Peter’s Community Hall	£9 drop-in or £40 for 5 vouchers
Wednesdays	Yoga Flow	Sheila	18.15 - 19.35pm	St Peter’s Community Hall	£9 drop-in or £40 for 5 vouchers
Thursdays	Yoga Flow	Emma	09.30 – 10.50am	St Peter’s Community Hall	£9 drop-in or £40 for 5 vouchers
	Power Yoga	Sheila	18.15 – 19.35pm	St Peter’s Community Hall	£9 drop-in or £40 for 5 vouchers
Saturdays	Beginners/gentle Yoga	Sheila	10:00 – 11.00am	St Peter’s Community Hall	£6 drop-in or £30 for 5 vouchers
Sundays	Power Yoga	Sheila	10:00 – 11:20am	St Peter’s Community Hall	£9 drop-in or £40 for 5 vouchers

Please see the “Yoga” section of the website for a map of how to find St Peter’s Community hall and St Martin’s Community Centre.

Please note that all classes are drop-in, no need to book in advance.