

**January 2021 Class Schedule by Week****£48/Month VALUE Pass (only for January)**

£15/Week Pass

£6.50/Class Pass

4 <sup>th</sup> to 10 <sup>th</sup> January			
	Morning/Afternoon	Evening	CLASS
Thursday	10 - 11		Pilates
Friday	11 - 12		Hatha Yoga
Friday		6 - 7	Yin Yoga (with Alex)
Saturday	10 - 11.15		Vinyasa Yoga
Sunday	2 - 3		Meditation/Yoga Nidra

11 <sup>th</sup> to 17 <sup>th</sup> January			
	Morning/Afternoon	Evening	CLASS
Monday	10 - 11		Hatha Yoga
Tuesday		6 - 7.15	Women's Yoga Circle
Thursday	10 - 11		Pilates
Friday	11 - 12		Hatha Yoga
Friday		6 - 7	Yin Yoga (with Alex)
Saturday	10 - 11.15		Vinyasa Yoga

18 <sup>th</sup> to 24 <sup>th</sup> January			
	Morning/Afternoon	Evening	CLASS
Monday	10 - 11		Hatha Yoga
Tuesday		6 - 7	Hatha Yoga
Thursday	10 - 11		Pilates
Friday		6 - 7	Yin Yoga (with Alex)
Saturday	10 - 11.15		Vinyasa Yoga
Sunday	9.30 - 10.30		Hatha Yoga
Sunday	2 - 3		Meditation/Yoga Nidra

25 <sup>th</sup> to 31 <sup>st</sup> January			
	Morning/Afternoon	Evening	CLASS
Tuesday		6 - 7	Hatha Yoga
Thursday	10 - 11		Pilates
Friday	11 - 12.15		Women's Yoga Circle
Friday		6 - 7	Yin Yoga (with Alex)
Saturday	10 - 11.15		Vinyasa Yoga
Sunday	9.30 - 10.30		Hatha Yoga