

# Schedule 25/04 - 08/05



	Mon 25/04	Tues 26/04	Wed 27/04	Thur 28/04	Fri 29/04	Sat 30th	Sun 1st May
Morning		6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	8.30 - 9.30am All Levels Off-peak BALANCE PHYSIO	9.30 - 11am All Levels Off-peak BALANCE PHYSIO
Daytime		12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm Beginners Off-peak BALANCE PHYSIO	
Evening	6.30 - 7.45pm All Levels Peak LAMBETH COLLEGE	6.30 - 7.45pm All Levels Peak LAMBETH COLLEGE	6.30 - 7.30pm Beginners Peak LAMBETH COLLEGE	6.30 - 7.45pm All Levels Peak LAMBETH COLLEGE	6.30 - 7.30pm All Levels Peak LAMBETH COLLEGE		
	8.00 - 9.00pm All Levels Peak LAMBETH COLLEGE	8.00 - 9.00pm Beginners Peak LAMBETH COLLEGE	7.45 - 8.45pm All Levels Peak LAMBETH COLLEGE	8.00 - 9.00pm Beginners Peak LAMBETH COLLEGE			

## W/C 2nd May

	Mon 2nd May	Tues 3rd	Wed 4th	Thur 5th	Fri 6th	Sat 7th	Sun 8th
Morning		6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	8.30 - 9.30am All Levels Off-peak BALANCE PHYSIO	9.30 - 11am All Levels Off-peak BALANCE PHYSIO
Daytime		12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm Beginners Off-peak BALANCE PHYSIO	11.30 - 12.30pm Beginners Off-peak BALANCE PHYSIO
Evening	5.30 - 7.00pm All Levels Off-peak BALANCE PHYSIO	6.30 - 7.45pm All Levels Peak LAMBETH COLLEGE	6.30 - 7.30pm Beginners Peak LAMBETH COLLEGE	6.30 - 7.45pm All Levels Peak LAMBETH COLLEGE	6.30 - 7.30pm All Levels Peak LAMBETH COLLEGE		
		8.00 - 9.00pm Beginners Peak LAMBETH COLLEGE	7.45 - 8.45pm All Levels Peak LAMBETH COLLEGE	8.00 - 9.00pm Beginners Peak LAMBETH COLLEGE			

## Advanced Workshop

with Dylan Ayaloo

Sat 30th April 1.30 - 4.30pm at Balance Physio

£35

Play with more advanced poses you may not have had the knowledge or confidence to try before.

Learn how to build the flexibility and strength required for more advanced postures as well as the techniques and tips that make all the difference.

Try these new poses out under the guidance of Dylan Ayaloo in this interactive and playful workshop.

Book online or at reception. Perville points valid.

## Foundations of Teacher Training Programme

with Dylan Ayaloo

Fri 13/05 - Sun 15/05 Yuan Centre Colliers Wood

£300

A 3 day yoga immersion for anyone interested in deepening their practice and widening their yoga knowledge.

Includes practice sessions, posture workshops, meditation, and yoga philosophy tools to take back in to your life.

Ideal for anyone who wants to explore yoga or is thinking about teacher training.

# Schedule 09/05 - 29/05



	Mon 25/04	Tues 26/04	Wed 27/04	Thur 28/04	Fri 29/04	Sat 30th	Sun 1st May
Morning		6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	6.30 - 7.30am All Levels Off-peak BALANCE PHYSIO	8.30 - 9.30am All Levels Off-peak BALANCE PHYSIO	9.30 - 11am All Levels Off-peak BALANCE PHYSIO
Daytime	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm All Levels Off-peak BALANCE PHYSIO	12.30 - 1.30pm Beginners Off-peak BALANCE PHYSIO	11.30 - 12.30pm Beginners Off-peak BALANCE PHYSIO
Evening	6.30 - 7.45pm All Levels Peak LAMBETH COLLEGE	6.30 - 7.45pm All Levels Peak LAMBETH COLLEGE	6.30 - 7.30pm Beginners Peak LAMBETH COLLEGE	6.30 - 7.45pm All Levels Peak LAMBETH COLLEGE	6.30 - 7.30pm All Levels Peak LAMBETH COLLEGE		
	8.00 - 9.00pm All Levels Peak LAMBETH COLLEGE	8.00 - 9.00pm Beginners Peak LAMBETH COLLEGE	7.45 - 8.45pm All Levels Peak LAMBETH COLLEGE	8.00 - 9.00pm Beginners Peak LAMBETH COLLEGE			

**NB. 12.30pm class on Monday 16th and 23rd May is cancelled due to an event in Balance Physio**

## Balance Physio - weekday mornings + weekends

113 Gauden Road, Clapham, London, SW4 6LE

1 minute walk from Clapham North tube

Male and female toilets, changing + showers

Multiple bike racks at Clapham North Station and on Clapham High Street

## Lambeth College- weekday evenings

45 Clapham Common South Side, London SW4 9BL

Walking distance from Clapham Common and Clapham South tube

Male and female toilets, changing + showers

Parking - street parking free from 6.30pm