

# yogahome timetable from 17th July 2017

Monday		Level		Studio
07:00-08:00	vinyasa flow yoga	all	Catrin	1
07:00-08:00	iyengar yoga <b>new</b>	all	Alice	2
08:30-09:30	pilates	2	Brooke	1
08:30-09:30	ashtanga yoga <b>new</b>	all	Jayne	2
10:00-11:30	iyengar yoga	all	Aubrey	1
10:30-11:45	vinyasa flow <b>new</b>	all	Lila (Lizy)	2
11:45-13:00	slow flow yoga	all	Scarlett	1
12:00-13:00	pilates <b>new</b>	all	Symeon	2
13:15-14:15	vinyasa flow yoga	all	Eryck	1
16:30-18:00	vinyasa flow yoga	all	Eryck	1
18:30-19:45	iyengar yoga	1	Helen	1
18:30-19:45	vinyasa flow yoga	1	Isabell	2
20:00-21:30	vinyasa flow yoga	all	isabell	1
20:00-21:00	pilates	all	Ivona	2
<b>Tuesday</b>				
07:00-08:00	vinyasa flow yoga	all	Mischa	1
07:00-08:00	pilates <b>new</b>	all	Brooke	2
08:30-09:30	vinyasa flow yoga	all	Shira	1
08:30-09:30	iyengar yoga <b>new</b>	all	Louise	2
10:00-11:15	slow flow yoga	all	Scarlett	1
10:00-11:30	vinyasa flow yoga <b>new</b>	all	Rachel	2
11:30-12:45	vinyasa flow yoga	all	Aleksei	1
12:30 -13:30	ashtanga yoga <b>new</b>	1	Toby	2
13:00-14:00	pilates	all	Brooke	1
17:00-18:15	jivamukti yoga	all	Luis	1
17:00-18:15	yin yoga <b>new</b>	all	Nova	2
18:30-19:45	vinyasa flow yoga	1	Mischa	2
18:45-19:45	pilates	all	Akane	1
20:00-21:30	ashtanga yoga	2	Jayne	2
20:00-21:30	slow flow yoga	all	Scarlett	1
<b>Wednesday</b>				
07:00-08:00	vinyasa flow yoga	all	Jayne	1
07:00-08:00	slow flow yoga <b>new</b>	all	Sally-Anne	2
08:30-09:30	vinyasa flow yoga <b>new</b>	all	Frankie	2
08:45-09:45	pilates	all	Alessandra	1
10:00-11:30	ashtanga yoga <b>new</b>	all	Toby	2
10:00-11:30	iyengar yoga	all	Liz	1
11:45-12:45	postnatal pilates*	all	Alessandra	1
13:00-14:00	vinyasa flow yoga	1	Eryck	1
13:00-14:00	pilates <b>new</b>	all	Alessandra	2
14:15-15:00	postnatal pilates ‡ <b>new</b>	all	Alessandra	1
16:00-16:30	kids ballet 3-4**	1	Cara	1
16:45-17:15	kids ballet 5-6**	1	Cara	1
17:15-18:00	kids ballet 7-11***	1	Cara	1
17:00-18:15	flow & restore yoga <b>new</b>	all	Mischa	2
18:30-19:45	iyengar yoga	all	Louise	1
18:30-20:15	pregnancy yoga†	all	Kirsty	2
20:00-21:00	pilates	1	Symeon	2
20:00-21:30	jivamukti yoga	all	Luis	1

\* Plus creche and tea (newborn to crawling)

‡ Plus creche (crawling to age 3)

\*\*Term time only - £5 drop in

† Plus tea and chat

\*\*\*Half termly 7 week courses

Thursday		Level		Studio
07:00-08:00	vinyasa flow yoga	all	Lila (Lizy)	1
07:00-08:00	pilates <b>new</b>	all	Brooke	2
08:30-09:30	vinyasa flow yoga	all	Jayne	1
08:30-09:30	tai chi <b>new</b>	all	Richard	2
10:00-11:30	iyengar yoga	2	Louise	1
10:00-11:30	vinyasa flow yoga <b>new</b>	all	Mischa	2
12:00-13:00	pilates	all	Akane	1
12:30 -13:30	jivamukti yoga <b>new</b>	all	Luis	2
14:00-15:00	postnatal yoga*	all	Kirsty	1
15:30-16:15	postnatal yoga ‡	all	Kirsty	1
16:30-18:00	jivamukti yoga	all	Lila (Lizy)	1
17:00-18:15	slow flow yoga <b>new</b>	all	Frankie	2
18:15-19:15	zumba	all	Olga	1
18:30-20:00	iyengar yoga	2	Liz	2
19:30-20:30	pilates	all	Ivona	1
20:15-21:30	vinyasa flow yoga	all	Shira	2
20:45-21:45	restorative yoga	all	Catrin	1
<b>Friday</b>				
06:45-07:45	ashtanga yoga	all	Aleksei	1
07:00-08:00	iyengar yoga <b>new</b>	all	Aubrey	2
08:00-09:00	vinyasa flow yoga	all	Aleksei	1
08:30-09:30	pilates <b>new</b>	all	Danai	2
09:15-10:15	pregnancy pilates	all	Anja	1
10:00-11:30	vinyasa flow yoga <b>new</b>	all	Rachel	2
10:30-11:30	pilates	all	Anja	1
11:45-12:45	postnatal pilates*	all	Anja	1
13:00-14:00	vinyasa flow yoga	all	Rachel	1
13:00-14:00	slow flow yoga <b>new</b>	all	Sally-Anne	2
15:00-16:30	vinyasa flow yoga	2	Scarlett	1
16:45-18:15	restorative yoga	all	Madelaine	1
18:30-19:30	pranayama & meditation	all	Madelaine	1
<b>Saturday</b>				
09:00-10:00	pilates	2	Akane	1
09:15-10:15	ashtanga yoga	all	Jayne	2
10:00-11:00	pilates	all	Akane	1
10:30-12:00	vinyasa flow yoga	all	Sally-Anne	2
11:15-12:45	vinyasa flow yoga	all	Rachel	1
12:15-13:45	slow flow yoga	all	Sally-Anne	2
13:00-14:30	iyengar yoga	all	Alan	1
15:30-17:00	vinyasa flow yoga	all	Isabell	1
17:15-18:15	pranayama & meditation	all	Isabell	1
<b>Sunday</b>				
08:45-09:45	ashtanga yoga	all	Tony	1
10:00-11:00	pilates	all	Anja	1
10:00-12:00	pregnancy yoga†	all	Kirsty	2
11:15-12:45	iyengar yoga	all	Louise	1
11:45-13:00	slow flow yoga	all	Catrin	2
13:00-14:30	vinyasa flow yoga	2	Shira	1
13:15-14:15	ashtanga yoga	1	Catarina	2
14:30-15:30	pregnancy pilates	all	Anja	2
15:00-16:30	flow & restore yoga	all	Catrin	1
15:45-16:45	pilates	all	Symeon	2
16:45-18:15	vinyasa flow yoga	all	Eryck	1
17:00-18:30	iyengar yoga	1	Alice	2
18:30-19:30	yoga nidra	all	Catrin	1
18:45-20:00	jivamukti yoga	all	Aleksei	2

**yogahome** is at: 14 Allen Road, N16 8SD  
 020 7249 2425  
 info@yogahome.com  
**www.yogahome.com**

- Unlimited drop in classes
- 10% off all workshops, courses, 1:1 sessions and therapies
- 3 guest passes upon signing up, to share with friends and family.
- Two freezes / holds per year

**Membership Unlimited benefits**

<b>Pricing option</b>	<b>Fee</b>	<b>Equivalent per class</b>
<b>Intro Offer</b> (new clients only) 30 days unlimited classes	£40	£5* (based on visiting 2x/week)
<b>Membership Unlimited</b> monthly direct debit, 3 months minimum	£65	£7.50* (based on visiting 2x/week)
<b>10 x class pass</b> valid 6 months	£95	£9.50
<b>5 x class pass</b> valid 6 months	£55	£11
<b>Single drop in</b>	£14	£14

**Pricing options 2017**

**yogahome** is at: 14 Allen Road, N16 8SD  
020 7249 2425  
info@yogahome.com

check **www.yogahome.com** for description of classes' styles, levels, and teachers

interested in **workshops?** looking for a **therapy?**  
visit **www.yogahome.com**

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<b>60 min session</b>	<b>5 x session pass £235</b>	£46.80
<b>90 min session</b>	<b>5 x session pass £355</b>	£70.20
<b>60 min session</b>	<b>5 x session pass £275</b>	£55 p/session
<b>60 min session</b>	<b>5 x session pass £355</b>	£71 p/session

We offer a wide range of therapies such as acupuncture, massage, reflexology, shiatsu, pregnancy massage and more!

**Therapies**

All packages only £140!

Starter Package: 2 One to Ones and a 5 x class pass

Treat Package: One to One, a therapy and a 5 x class pass

**Personalised Packages**

<b>60 min session</b>	<b>5 x session pass £275</b>	£54
<b>60 min session</b>	<b>5 x session pass £275</b>	£55 p/session

Particularly beneficial if you are a beginner, have an injury or specific goals.

**One to One Yoga or Pilates**

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