

yogahome timetable from 1st August 2017

| Monday | | Level | | Studio |
|------------------|--------------------------------|-------|-------------|--------|
| 07:00-08:00 | vinyasa flow yoga | all | Catrin | 1 |
| 07:00-08:00 | iyengar yoga new | all | Alice | 2 |
| 08:30-09:30 | pilates | 2 | Brooke | 1 |
| 08:30-09:30 | ashtanga yoga new | all | Jayne | 2 |
| 10:00-11:30 | iyengar yoga | all | Aubrey | 1 |
| 10:30-11:45 | vinyasa flow new | all | Lila (Lizy) | 2 |
| 11:45-13:00 | slow flow yoga | all | Scarlett | 1 |
| 12:00-13:00 | pilates new | 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 |
| Tuesday | | | | |
| 07:00-08:00 | vinyasa flow yoga | all | Mischa | 1 |
| 07:00-08:00 | pilates new | all | Brooke | 2 |
| 08:30-09:30 | vinyasa flow yoga | all | Shira | 1 |
| 08:30-09:30 | iyengar yoga new | all | Louise | 2 |
| 10:00-11:15 | slow flow yoga | all | Scarlett | 1 |
| 10:00-11:30 | vinyasa flow yoga new | all | Rachel | 2 |
| 11:30-12:45 | vinyasa flow yoga | all | Aleksei | 1 |
| 12:30 -13:30 | ashtanga yoga new | 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 new | 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 |
| Wednesday | | | | |
| 07:00-08:00 | vinyasa flow yoga | all | Jayne | 1 |
| 07:00-08:00 | slow flow yoga new | all | Sally-Anne | 2 |
| 08:30-09:30 | vinyasa flow yoga new | all | Frankie | 2 |
| 08:45-09:45 | pilates | all | Alessandra | 1 |
| 10:00-11:30 | ashtanga yoga new | 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 new | all | Alessandra | 2 |
| 14:15-15:00 | postnatal pilates ‡ new | 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 new | 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

***Term time only - £7.50 drop in

| Thursday | | Level | | Studio |
|-----------------|------------------------------|-------|-------------|--------|
| 07:00-08:00 | vinyasa flow yoga | all | Lila (Lizy) | 1 |
| 07:00-08:00 | pilates new | all | Brooke | 2 |
| 08:30-09:30 | vinyasa flow yoga | all | Jayne | 1 |
| 08:30-09:30 | tai chi new | all | Richard | 2 |
| 10:00-11:30 | iyengar yoga | 2 | Louise | 1 |
| 10:00-11:30 | vinyasa flow yoga new | all | Mischa | 2 |
| 12:00-13:00 | pilates | all | Akane | 1 |
| 12:30 -13:30 | jivamukti yoga new | 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 new | 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 |
| Friday | | | | |
| 06:45-07:45 | ashtanga yoga | all | Aleksei | 1 |
| 07:00-08:00 | iyengar yoga new | all | Aubrey | 2 |
| 08:00-09:00 | vinyasa flow yoga | all | Aleksei | 1 |
| 08:30-09:30 | pilates new | all | Danai | 2 |
| 09:15-10:15 | pregnancy pilates | all | Anja | 1 |
| 10:00-11:30 | vinyasa flow yoga new | 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 new | 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 |
| Saturday | | | | |
| 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 | Simona | 2 |
| 11:15-12:45 | vinyasa flow yoga | all | Rachel | 1 |
| 12:15-13:45 | slow flow yoga | all | Kimann | 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 |
| Sunday | | | | |
| 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 |

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