

yogahome timetable from 18th April 2017

Monday		Level		Studio
07:00-08:00	vinyasa flow yoga	all	Catrin	1
08.30-09.30	pilates	2	Brooke	1
10.00-11.30	iyengar yoga	all	Aubrey	1
11.45-13.00	slow flow yoga	all	Scarlett	1
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
08.30-09.30	vinyasa flow yoga	all	Shira	1
10.00-11.15	slow flow yoga	all	Scarlett	1
11.30-12.45	vinyasa flow yoga	all	Aleksei	1
13.00-14.00	pilates	all	Brooke	1
17.00-18.15	jivamukti yoga	all	Luis	1
18.30-19.45	vinyasa flow yoga	1	Mischa	2
18.45-19.45	pilates	all	Akane	1
20.00-21.30	ashtanga yoga	all	Jayne	2
20.00-21.30	slow flow yoga	all	Scarlett	1
Wednesday				
07.00-08.00	vinyasa flow yoga	all	Jayne	1
08.45-09.45	pilates	all	Alessandra	1
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
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
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

Thursday		Level		Studio
07.00-08.00	vinyasa flow yoga	all	Lizy	1
08.30-09.30	vinyasa flow yoga	all	Jayne	1
10.00-11.30	iyengar yoga	2	Louise	1
12.00-13.00	pilates	all	Akane	1
13.15-14.00	postnatal yoga‡	all	Kirsty	1
14.15-15-15	postnatal yoga*	all	Kirsty	1
16.30-18.00	jivamukti yoga	all	Lizy	1
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
08.00-09.00	vinyasa flow yoga	all	Aleksei	1
09.15-10.15	pregnancy pilates	all	Anja	1
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
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	Kate	2
11.15-12.45	vinyasa flow yoga	all	Rachel	1
12.15-13.45	slow flow yoga	all	Kate	2
13.00-14.30	iyengar yoga	all	Alan	1
14.00-15.00	contemporary dance	all	Cara	2
15.30-17.00	vinyasa flow yoga	all	Isabell	1
17.15-18.15	pranayama & meditation	all	Isabell	1

Sunday		Level		Studio
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	all	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	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

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

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

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† Plus tea and chat
‡ Plus creche (crawling to age 3)

* Plus creche and tea (newborn to crawling)
**Term time only - £5 drop in
***Half termly 7 week courses