York Yoga Studio

Late Spring Term Monday 29th April – Sunday 23rd June 2019 (8 week term)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 – 10:45am **Iyengar Yoga** With Kate	**9:30 – 10:45am** **All Levels Hatha** with Laurie	**09.30 - 10.30am** **Pilates** with Jean	**09:30 – 10:45am** **Dynamic Hatha & Meditation** with Laurie	**9:00 - 10:30am** **All Levels Iyengar** with Christine Rumley	**9:00 - 10:00am** **Saturday Hatha** with Nicky
	09:30-10:30 and 10:40 – 11:40am **Pilates** with Jo Stewart	**10:45 – 12:00** **All Levels Hatha** with Laurie	**9:20 – 10:20 and 10:30-11:30am** **Pilates** with Jo Stewart	**10:45 – 11:45am** **Feldenkrais** with Julie Wrigley	
	1:30 – 2:30pm **Baby Bumpkin** (for babies 10 weeks to pre crawling) with Clare Gough -starts 7th May	**1:45 - 2:45pm** **Pilates** with Regan Vanderwerff	**1:15 – 2:30pm** **Baby Massage** with Susan **1:00 - 2:30pm** **Dru Yoga** with Lorraine Richards	**12:30 - 1:30pm** **Lunchtime Hatha** with Susan	**Sunday** **10:30am - 12:00** **Kundalini Yoga** with Nam Prakash Kaur
6:00 – 7:15pm **All Levels Hatha** with Nicky **7:30 - 8:45pm** **Hatha Yoga for Beginners** with Nicky **(requires prebooking)**	**5:45 – 7:00pm** **All Levels Hatha** With Laurie **6:00 - 7:00pm** **Hatha Yoga for Beginners** with Paulene **(requires prebooking)** **7:15 - 8:30pm** **Dynamic Hatha & Meditation** with Laurie **7:15 - 8:30pm** **All Levels Hatha** with Clare	**6:00 - 7:15pm** **All Levels Hatha** with Laurie **6:15 - 7:15pm** **Hatha Yoga for Beginners** with Clare **(requires prebooking)** **7:30 - 8:45pm** **Vinyasa Flow** with Clare **7:30 - 8:45pm** **All Levels Hatha** with Paulene	**6:00 - 7:15pm** **All Levels Hatha** with Susan **7:15 – 8:15** **Pilates** with Jo Stewart **7:30 - 8:45pm** **Pregnancy Yoga** with Susan	**112 Acomb Road** **York YO24 4EY** **T: 01904 785704** **E: info@yorkyogastudio.co.uk** **W: yorkyogastudio.co.uk**	
6:30 - 7:30 and 7:35 - 8:35pm **Pilates** with Regan Vanderwerff					

Shaded boxes are studio classes and accept punch cards and drop ins unless otherwise specified. Please check with teacher or studio for information about classes in unshaded boxes.

Pre-Register / Pre Pay:
£7.00/class for **Studio Classes** if booking full course of one day/time. **This term: 8 weeks for £56.00**

Punchcards:
10 punches for £80.00 - for use in all **Studio Classes**. **Shaded boxes are Studio Classes and accept punch cards & drop-ins unless otherwise specified.**

Drop in:
£9 per **Studio Class**, no pre-registration required. Drop- ins are allocated on a space available basis with **priority to pre-registered students and punchcard holders**.