

# YOGA WITH MARIE

## WEEKLY CLASS TIMETABLE - SPRING 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	6am	<b>6:15-7:00AM</b>	6am	6am	6am	6am
7am	7am	<b>EARLY RISER 45 MINUTE</b>	7am	7am	7am	7am
<b>9:00-10:00AM</b>	8am	<b>9:00-10:00AM</b>	8am	8am	8am	8am
<b>HATHA FLOW 1 HOUR</b>	9am	<b>BEGINNERS 1 HOUR</b>	9am	9am	9am	9am
10am	10am	10am	10am	10am	10am	10am
11am	11am	11am	11am	11am	11am	11am
12pm	12pm	12pm	12pm	12pm	12pm	12pm
1pm	1pm	1pm	<b>2:00-3:00PM</b>	1pm	1pm	1pm
2pm	2pm	2pm	<b>HATHA FLOW 1 HOUR</b>	2pm	2pm	2pm
3pm	3pm	3pm	3pm	3pm	3pm	3pm
4pm	4pm	4pm	<b>5:30-6:30PM</b>	4pm	4pm	4pm
5pm	<b>6:00-7:00PM</b>	5pm	<b>BEGINNERS 1 HOUR</b>	5pm	5pm	5pm
6pm	<b>HATHA FLOW 1 HOUR</b>	6pm	<b>6:45-7:45PM</b>	6pm	6pm	6pm
7pm	<b>7:15-8:15PM</b>	7pm	<b>BEGINNERS 1 HOUR</b>	7pm	7pm	7pm
8pm	<b>HATHA FLOW 1 HOUR</b>	8pm	<b>8:00-9:00PM</b>	8pm	8pm	8pm
	<b>8:30-9:30PM</b>		<b>SLOW FLOW 1 HOUR</b>			
9pm	<b>SLOW FLOW 1 HOUR</b>	9pm		9pm	9pm	9pm

### INFORMATION

#### EQUIPMENT IS SUPPLIED FOR ALL CLASSES

Please contact me to book for all classes in The Studio. You can do this via text, Facebook, email or phone (details below). Classes are 45 minutes - 1 hour long and cost £8 drop in or £60 for a ten class pass. The pass can be used for any listed classes, each full pass earns a free class.

Parking is available nearby, please be mindful of neighbours and path users. The Studio entrance is the single white door at the right front of the house. The Studio will be open 15 minutes before class.