

Studio Timetable Spring 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9am-10.15am Midweek Morning Pranayama & Yoga			<i>8am-8.45am</i> <i>Strong Mamas</i> <i>Holly Walker</i>
9.30am-11am Yoga for All Anne	10am-11am Qi Gong Anne	9.15am -10.15am Midweek Yoga Anne	9.30am-10.30am Pilates Yvonne	9.30am-11am Yoga for All Nic	9.15am-10.15am Rise & Flow Cat
11.30am-1pm Yoga for All Anne	<i>11.30am-12.30pm</i> <i>Mum & Baby</i> <i>Post Natal Fitness</i> <i>Holly Walker</i>	<i>10.30am-11.30am</i> <i>Pilates</i> <i>Claire Sanderson</i>	<i>10.45am-11.45am</i> <i>& 12pm-1pm</i> <i>Pilates</i> <i>Claire Sanderson</i>	<i>11.30am-12.30pm</i> <i>Mum & Baby</i> <i>Post Natal Fitness</i> <i>Holly Walker</i>	
<i>1.30pm-3pm</i> <i>Hatha Yoga</i> <i>Yolanda Swift</i>	<i>2pm-3pm</i> <i>U3A Pilates</i> <i>Claire Sanderson</i>	<i>1.30pm-2.30pm</i> <i>Yoga for Beginners</i> <i>Yolande Swift</i>	4pm-5pm Qi Gong Anne		Sunday
6.00pm-7.00pm Qi Flow Flow Yoga Anne	5.45pm-6.45pm Dynamic Flow Yoga Cat	5pm-6.30pm Yoga for All Anne	5.30pm-7.00pm Yoga for All Yvonne	5.45pm-7pm Qi and the Gong Anne 1st Friday of month	<i>10.30am-11.30am</i> <i>Preganancy</i> <i>Relaxation</i> <i>Donna</i>
7.15pm-8.30pm Yoga Flow for All Anne	7pm-8.30pm Yoga for All Yvonne	<i>7pm-7.45pm</i> <i>Pre-Natal Fitness</i> <i>Holly Walker</i>	<i>7.10pm-7.55pm</i> <i>Pre-Natal Fitness</i> <i>Holly Walker</i>	5.45pm-7pm Yin & Relaxation Nic 2nd Friday of month	
		<i>8pm-9pm</i> <i>Strong Mamas</i> <i>Holly Walker</i>	<i>8pm-9pm</i> <i>Strong Mamas</i> <i>Holly Walker</i>	5.30pm-6.30pm Sound Bath Relaxation Anne 4th Friday of month	

Class times may change and new classes may be added. Check the website for the current information: www.dronfieldyoga.co.uk
Contact Claire Sanderson, Yolande Swift, Holly Walker and Donna directly for information and to book into their classes.
Their contact details can be found on the website: www.dronfieldyoga.co.uk