

Studio Timetable Autumn 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>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
6pm-7pm 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 Gongs Anne 1st Friday of month	
<i>From 28th October</i> <i>7.15pm-8.15pm</i> <i>Body Control Pilates</i> <i>Mark Lyons</i>	7pm-8.30pm Yoga for All Yvonne	<i>7pm-7.45pm</i> <i>Pre-Natal Fitness</i> <i>Holly Walker</i>		5.45pm-7pm Yin & Relaxation Nic 2nd Friday of month	
<i>Treatment Room:</i> <i>7pm-8pm</i> <i>From Rushed to</i> <i>Relaxed</i> <i>Nick & Marusya Price</i>		<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.dronfielyoga.co.uk
Contact Claire Sanderson, Yolande Swift, Holly Walker, Mark Lyons and Nick and Marusya Price directly for information and to book into their classes. Their contact details can be found on the website: www.dronfielyoga.co.uk