

Studio Timetable Winter 2023-4

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|
| 9.30am-11am Yoga for All Kelly | 10am-11am Qi Gong – Zoom only Anne | 9am-10.15am Midweek Morning Pranayama & Yoga 9.15am -10.15am Midweek Morning Yoga Nic | 9.30am-10.30am Pilates Yvonne | 9.30am-11am Yoga for All Nic | 8am-8.45am Strong Mamas Holly Walker 9.15am-10.15am Rise & Flow Cat |
| 11.30am-1pm Yoga for All Kelly | 11.30am-12.30pm Mum & Baby Post Natal Fitness Holly Walker | 10.30am-11.30am Pilates Claire Sanderson | 10.45am-11.45am & 12pm-1pm Pilates Claire Sanderson | 11.30am-12.30pm Mum & Baby Post Natal Fitness Holly Walker | |
| 1-30pm-3pm Hatha Yoga Yolanda Swift | 2pm-3pm U3A Pilates Claire Sanderson | | | | |
| 6.00pm-7.00pm Mindful Flow Yoga Cat | 5.45pm-6.45pm Dynamic Flow Yoga Cat | 5pm-6.30pm Yoga for All Mirke | 5.30pm-7.00pm Yoga for All Yvonne | 5.30pm-6.30pm Sound Bath Relaxation Nic 4 th Friday of month | Sunday |
| | 7pm-8.30pm Yoga for All Yvonne | 7pm-7.45pm Pre-Natal Fitness Holly Walker | 7.10pm-7.55pm Pre-Natal Fitness Holly Walker | 5.45pm-7pm Yin & Relaxation Nic 2 nd Friday of month | |
| | | 8pm-9pm Strong Mamas Holly Walker | 8pm-9pm Strong Mamas Holly Walker | | |

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 and Holly Walker directly for information and to book into their classes.
 Their contact details can be found on the website: www.dronfielyoga.co.uk