

Studio Timetable January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am-11am Yoga for All Anne	10am-11am Qi Gong Anne	9am-10.15am Dynamic Yoga Anne	9.30am-10.30am Pilates Yvonne	9.30am-11am Yoga for All Nic	9am-10am Saturday Sessions Cat	
11.30am-1pm Yoga for All Anne	11.30am-12.30pm & 12.45pm-1.45pm Mum & Baby Post Natal Fitness Holly Pearce	10.30am-11.30am Pilates Claire Sanderson	10.45am-11.45am & 12pm-1pm Pilates Claire Sanderson			
1-3pm-3pm Hatha Yoga Yolanda Swift	2pm-3pm U3A Pilates Claire Sanderson	2pm-3pm Yoga for Mental Wellbeing Yolande Swift			2pm-4pm Saturday Social Workshops Nic	
			4pm-5pm Qi Gong Anne		(Held on the 4 th Saturday of the month)	
5.45pm-7.15pm Yoga for All Anne	5.45pm-6.45pm Pilates Yvonne	5pm-6.30pm Yoga for All Anne	5.30pm-7pm Yoga for All Yvonne	5.30pm-6.30pm Yoga & Sound Bath Anne		
7.30pm-9pm Dynamic Yoga Anne	7pm-8.30pm Yoga for All Yvonne	6.45pm-7.45pm Yoga for Strength & Stability Nic		(held on the 3 rd Friday of the month)		7.45pm-9.15pm Daisy Birthing Pregnancy Yoga Iwona Mattock
		8pm-9pm Yin Yoga Nic	8pm-9pm Post Natal Fitness Holly Pearce			

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