

# Studio Timetable July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am-11am Yoga for All Cat		9.15am-10.15am Midweek Flow Yoga Sarah	9.30am-10.30am Pilates Yvonne	9.30am-11am Yoga for All Nic	7.30am-8.30am Strong Mamas Holly Walker
	10am-11am Qi Gong Anne	10.30am-11.30am Pilates Claire Sanderson	10.45am-11.45am Pilates Claire Sanderson		9.15am-10.15am Rise & Flow Cat
11.30am-1pm Yoga for All Cat	1.15pm-2.15pm Pilates Claire Sanderson		12pm-1pm Pilates Claire Sanderson		
1.30pm-3pm Hatha Yoga Yolanda Swift	2.30pm-3.30pm U3A Pilates Claire Sanderson	1.30pm-2.30pm Yoga for Beginners Yolande Swift	2pm-3pm Qi Gong Anne		Sunday
		5pm-6.30pm Yoga for All Sarah			
6pm-7pm Slow Flow Yoga Cat	5.45pm-6.45pm Stretch, Strengthen & Flow Cat	6.45pm-8pm Yoga for Alignment (beginners welcome) Rebecca Wraith	5.45pm-7.00pm Yoga for All Yvonne	5.45pm-7.15pm Yin & Relaxation Nic 2 <sup>nd</sup> Friday of month	
8pm-9pm Strong Mamas Holly Walker	7pm-8pm Hatha Yoga with Tracy	8.15pm-9pm Pregnancy Fitness Holly Walker	7.15pm-8.15pm Physio Pilates Opalite Pilates (Tamsin McGraw)	5.30pm-6.30pm Sound Bath Anne 4 <sup>th</sup> Friday of month	

Class times may change and new classes may be added. Check the website for the current information: [www.dronfielyoga.co.uk](http://www.dronfielyoga.co.uk)  
 Contact Claire Sanderson, Yolande Swift, Tamsin McGraw, Rebecca Wraith 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](http://www.dronfielyoga.co.uk)