

Studio Timetable November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am-11am Yoga for All Anne	10am-11am Qi Gong for All Anne	8.40am-8.55am Mindful Breathing 9am-10.15am Dynamic Yoga Anne	9.30am-10.30am Pilates Yvonne	9.30am-11am Yoga for All Nic	9am-10am Saturday Sessions Classes with a different theme every week	
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			
1-30pm-3pm Hatha Yoga Yolanda Swift	2pm-3pm Pilates Claire Sanderson	2pm-3pm Yoga for Mental Wellbeing Yolande Swift				
5.45pm-7.15pm Yoga for All Anne	5.45pm-6.45pm Pilates Yvonne	5pm-6.30pm Yoga for All Anne	4pm-5pm Qi Gong for All Anne 5.30pm-7pm Yoga for All Yvonne			5pm-6.15pm Flow & Reset Cat
7.30pm-9pm Dynamic Yoga Anne	7pm-8.30pm Yoga for All Yvonne	6.45pm-7.45pm Yoga for Strength & Stability Nic	7.15pm-8.45pm Yoga for Beginners Sara	7.30pm-9pm Daisy Birthing Pregnancy Yoga Iwona Mattock		
		8pm-9pm Yin Yoga Nic	7.50pm-8.50pm Gentle Yoga Sara			

Class times may change and new classes added, check our website and facebook page 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