

Studio Timetable September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8.40am-8.55am Mindful Breathing				
9.30am-11am Yoga for All Anne	10am-11am Mindul Movement Anne	9am-10.15am Dynamic Yoga Anne	9.30am-10.30am Pilates Yvonne	9.30am-11am Yoga for All Nic	9am-10am Saturday Sessions: Deepen your Practice	
11.30am-1pm Yoga for All Anne						
			4pm-5pm Mindful Movement Anne			
5.45pm-7.15pm Yoga for All Anne	5.45pm-6.45pm Pilates Yvonne	5-6.30pm Yoga 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-8.50pm Yoga for Beginners Sara			
		8pm-9pm Yin Yoga Nic	7.50pm-8.50pm Gentle Hatha Yoga Sara			

Class times may change and new classes added, check our website and facebook page for the current information
www.dronfieldyoga.co.uk