



### Spring Timetable 2019

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am						Yoga - L1
10:45 am						Yin Yoga - All levels
10:00 am	Gentle Yoga - L1	Yoga - L1&2	Yin Yoga - All levels	Yoga - L1	Yin Yoga - All levels	
6:30 pm	Yoga Flow - L1&2	Yoga - L1&2	Yoga Flow - L1	Yoga - L1&2	Monthly Meditation-Coming soon	
7:45 pm	Yoga Flow - L1 - Starts 29th April	Yin Yoga - All levels	Beginners Course	Yin Yoga - All levels		

All classes need to be pre-booked: [www.balanceyogastudio.co.uk](http://www.balanceyogastudio.co.uk)

L1 = Open to beginners

L2 = Those with yoga experience

This timetable is subject to change