


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Energising Neuro Flow</b> 8:00 - 9:00am with Emily Kennedy-Barnes £11 per class</p>	<p><b>Nourishing Yoga</b> 8:15 - 9:00am with Clare Parr £10 per class £54 for course of 6</p>	<p><b>Yoga Flow</b> 8:15 - 9:15am with Michelle De Burgh £12.50 per class</p>	<p><b>Rise &amp; Shine Yoga</b> 8:15 - 9:15am with Iona Naylor £10-£12 sliding scale</p>	<p><b>Vajrasati Yoga</b> 8:30 - 9:30am with Jo Shaw £12 per class</p>	<p><b>Vajrasati Yoga</b> 9:30 - 10:45am with Khadine Morcom £8-£14 sliding scale £55 for 5 or £100 for 10</p>	
<p><b>Scaravelli Yoga</b> 9:30 - 10:30am with Clare Parr £11 per class £60 for course of 6</p>	<p><b>Low-Cost Acupuncture</b> Pre-book only</p> <p>10:00 - 6:00pm</p> <p>with Paul Morris, Claire Diola &amp; Robert Foerster</p> <p>£25 - £40 Sliding Scale</p> <p>Suitable for all patients Several people are treated together in a spacious &amp; beautiful studio room</p> <p>BACc Member </p>	<p><b>Vajrasati Yoga</b> 9:30 - 11:00am with Jo Shaw £14 per class £65 for 5 or £120 for 10</p>	<p><b>Yoga Music Flow</b> 9:30 - 10:30am with Lucy Small £60 for 6 weeks or £13 per class</p>	<p><b>Mini Lions</b> Yoga for ages 2-5 10:00 - 10:45am with Emily Ooi £9 per class or £54 for block of 7</p>	<p><b>Meditation</b> 11:30 - 12:45pm with Jana Krychtalkova sliding scale £12 - £15 or £50 for 5 classes</p>	
<p><b>Scaravelli Yoga</b> 10:45 - 11:45am with Clare Parr £11 per class £60 for course of 6</p>		<p><b>Postnatal Yoga</b> Bring your Baby! 11:15 - 12:15pm with Claire Russell £13 per class or £55 for 5 classes</p>	<p><b>Baby Massage</b> 10:45 - 11:45am with Sally Reason £58 for 5 weeks</p>	<p><b>Baby Massage</b> 12:00 - 1:00pm with Sally Reason £58 for 5 weeks</p>	<p><b>Pilates Gentle / Beginner</b> 11:00 - 12:00pm with Emily Wilson £69 for 6 classes</p>	<p><b>Low-Cost Acupuncture</b> Pre-book only</p> <p>1:30 - 5:30pm</p> <p>with Sarah Reynolds &amp; Robert Foerster</p> <p>£25 - £40 Sliding Scale</p> <p>BACc Member </p>
<p><b>Somatic Mondays</b> 12:00 - 1:00pm with Tiffany Mendel £14 per class £60 for 5 weeks</p>		<p><b>Pilates General Level</b> 12:30 - 1:30pm with Keri Lummis £12 per class</p>	<p><b>Baby Massage</b> 12:00 - 1:00pm with Sally Reason £58 for 5 weeks</p>	<p><b>Low-Cost Acupuncture</b> Pre-book only</p> <p>2:00 - 6:00pm</p> <p>with Rufus Jordan &amp; Jonquil Pinto</p> <p>£25 - £40 Sliding Scale</p> <p>BACc Member </p>	<p><b>Online Pilates General Level</b> 12:15 - 1:15pm with Emily Wilson £57 for 6 classes</p>	
<p><b>Weight Loss Group</b> 1:15 - 2:30pm with Donna Valaskova £80 for 5 weeks</p>		<p><b>Back Care Yoga</b> 1:45 - 3:00pm with Suzy Greenwood £15 per class</p>	<p><b>Low-Cost Acupuncture</b> Pre-book only</p> <p>2:00 - 6:00pm</p> <p>with Rufus Jordan &amp; Jonquil Pinto</p> <p>£25 - £40 Sliding Scale</p> <p>BACc Member </p>	<p><b>Pilates Beginner Plus</b> 1:30 - 2:30pm with Emily Wilson £69 for 6 classes</p>		
<p><b>Low-Cost Acupuncture</b> Pre-book only</p> <p>1:30 - 6:20pm</p> <p>with Paul Morris &amp; Drea Campos Little</p> <p>£25 - £40 Sliding Scale</p> <p>BACc Member </p>		<p><b>Junior Lions</b> Yoga for ages 4-8 3:30 - 4:30pm with Emily Ooi £10 per class or £60 for block of 7</p>	<p><b>Teens Yoga</b> 4:45 - 5:45pm with Lucy Small £54 for 6 weeks or £12 per class</p>	<p><b>Yoga for Cancer</b> 2:45 - 3:45pm with Eva Sacchi £56 for 5 weeks / £12.50 per class</p>	<p><b>Sunday</b> Workshops and groups run on Sundays including: Women's Circle Qi Gong Workshops Writing Workshops Community Yoga and much more! Please see website for details</p>	
<p><b>Yoga and Mindfulness-based Meditation</b> 7:45 - 9:15pm with Khadine Morcom 5 weeks for £60</p>	<p><b>Pilates General Level</b> 6:15 - 7:15pm with Anna P £60 for course of 6 or £12 per class</p>	<p><b>Pilates General Level</b> 6:15 - 7:15pm with Daniel Scott £10 per class</p>	<p><b>Pilates for Healthy Bones</b> 4:00 - 5:00pm with Patsy Westcott £69 for 6 weeks / £12.50 per class</p>	<p><b>Singing Group</b> 5:00 - 6:30pm with Sue Fairhurst £5 per session</p>		
	<p><b>Beginners to Intermediate Pilates</b> 6:30 - 7:30pm with Siofra Lamb £13 per class</p>	<p><b>Movement &amp; Meditation</b> 7:30 - 8:30pm with Iona Naylor £10-£12 sliding scale</p>	<p><b>Teens Meditation</b> 5:15 - 6:15pm with Juliet Wioland £60 for 6 weeks or £12.50 per class</p>	<p><b>Meditation</b> 7:00 - 8:00pm with David Crean donations Pre-booking required</p>		
	<p><b>PRE-BOOKING REQUIRED</b></p>		<p><b>Qi Gong</b> 6:00 - 7:00pm with Daniel Scott £10 per class</p>	<p><b>Prenatal Yoga Flow</b> 6:30 - 7:30pm with Samantha Pond £13 per class £36 for 3 / £55 for 5</p>		
			<p><b>Pilates General Level</b> 6:15 - 7:15pm with Rachel Attmere £60 for 6 weeks</p>			
			<p><b>Pilates Mixed Level</b> 7:20 - 8:20pm with Rachel Attmere £60 for 6 weeks</p>			

**Book Online - [www.tolcentre.com](http://www.tolcentre.com) for details**

Please check the online timetable at [www.tolcentre.com](http://www.tolcentre.com) for live updates & term dates