

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Yang Yin Yoga</b> 8:15 - 9:15am with Jess Wingate £11 per class</p>	<p><b>Yang Yin Yoga</b> 8:15 - 9:15am with Jess Wingate £11 per class</p>	<p><b>Yang Yin Yoga</b> 8:15 - 9:15am with Jess Wingate £11 per class</p>	<p><b>Yang Yin Yoga</b> 8:15 - 9:15am with Jess Wingate £11 per class</p>	<p><b>Yang Yin Yoga</b> 8:15 - 9:15am with Jess Wingate £11 per class</p>	<p><b>Vajrasati Yoga</b> 9:30 - 11:00am with Khadine Morcom £12 per class £55 for 5 or £100 for 10</p>
<p><b>Scaravelli Yoga</b> 9:30 - 10:30am with Clare Parr £10 per class £54 for course of 6</p>	<p><b>Low-Cost Acupuncture</b> Pre-book only</p>	<p><b>Vajrasati Yoga</b> 9:30 - 11am with Jo Shaw £12 per class £55 for 5 or £100 for 10</p>	<p><b>Yoga Music Flow</b> 9:30 - 10:30am with Lucy Small £63 for 7 weeks or £11 per class</p>	<p><b>Yoga for Under 5's</b> 9:45 - 10:30am with Iona Naylon £8 per class For carer + child</p>	<p><b>Meditation</b> with weekly themes 11:30 - 12:45pm with Jana Krychtalkova £10 per class / £40 for 5</p>
<p><b>Baby Massage</b> 10:45 - 11:45am with Anna Vinton 5 weeks for £60</p>		<p>10:00 - 6:00pm</p>	<p><b>Postnatal Yoga</b> Bring your Baby! 11:15 - 12:15pm with Laurene Bizarro £10 per class</p>	<p><b>Yoga Music Slow Flow</b> 10:45 - 11:45am with Lucy Small £63 for 7 weeks or £11 per class</p>	<p><b>Pilates Gentle / Beginners</b> 11:00 - 12:00pm with Emily Wilson £63 for 6 classes</p>
<p><b>Pilates General Level</b> 12:00 - 1:00pm with Niamh Brangwyn £12 per class</p>	<p>with Charlie Whitestone, Paul Morris &amp; Jackie Manning Brown</p>	<p><b>Pilates General Level</b> 12:30 - 1:30pm with Keri Lummis £10 per class</p>	<p><b>Qi Gong</b> 12:00 - 1:00pm with Daniel Scott £10 per class</p>	<p><b>Online Pilates General Level</b> 12:15 - 1:15pm with Emily Wilson £45 for 6 classes</p>	<p>with Drea Campos-Little</p>
<p><b>Low-Cost Acupuncture</b> Pre-book only 1:30 - 6:40pm</p>	<p>£20 - £35 Sliding Scale</p>	<p><b>Scaravelli Yoga</b> 1:45 - 3:00pm with Suzy Greenwood £12 per class / £10 conc.</p>	<p><b>Low-Cost Acupuncture</b> Pre-book only 2:00 - 6:00pm</p>	<p><b>Pregnancy Yoga</b> 1:30 - 2:30pm with Laurene Bizarro £10 per class</p>	<p>£20 - £35 Sliding Scale</p>
<p>with Paul Morris &amp; Drea Campos-Little</p>	<p>Suitable for all patients Several people are treated together in a spacious &amp; beautiful studio room</p>	<p><b>Calm, Confident Tweens</b> 3:45 - 4:45pm with Juliet Wioland £60 for 6 weeks or £10 per class</p>	<p>with Charlie Whitestone &amp; Rufus Jordan</p>	<p><b>Mindfulness for New Parents</b> 2:45 - 3:45pm with Lisa Cory £45 for 6 weeks</p>	<p><b>Women's Circle</b> Once per month 6:30 - 9:00pm with Gaynor Roberts £30 per session</p>
<p>£20 - £35 Sliding Scale</p>	<p>BAC Member www.acupuncture.org.uk</p>	<p><b>Teens Yoga</b> 5:00 - 6:00pm with Lucy Small £54 for 6 weeks or £11 per class</p>	<p>£20 - £35 Sliding Scale</p>	<p><b>Yoga for Cancer</b> 4:00 - 5:00pm with Eva Sacchi £56 for 5 weeks / £12.50 per class</p>	<p><b>Sunday</b> Workshops and groups run on Sundays including: <b>Sound Bath</b> <b>Drum Circle</b> <b>Qi Gong</b> <b>Yoga Workshops</b> Please see website for details</p>
<p>Suitable for all patients Several people are treated together in a spacious &amp; beautiful studio room</p>	<p><b>Pilates General Level</b> 6:30 - 7:30pm with Niamh Brangwyn £12 per class</p>	<p><b>Pilates General Level</b> 6:15 - 7:15pm with Anna P £60 for course of 6 or £10 per class</p>	<p>BAC Member www.acupuncture.org.uk</p>	<p><b>Teens Meditation</b> 5:15 - 6:15pm with Juliet Wioland £60 for 6 weeks or £10 per class</p>	<p><b>Singing Group</b> 5:00 - 6:30pm with Sue Fairhurst £4 per session</p>
<p>BAC Member www.acupuncture.org.uk</p>	<p><b>Compassionate Mindfulness Resilience Course</b> 6:30 - 8:30pm with Lisa Cory 4 weeks for £120</p>	<p><b>Weight Loss Group</b> 7:00 - 8:00pm with Donna V £60 for 6 weeks</p>	<p><b>Pilates General Level</b> 6:15 - 7:15pm with Rachel Attmere £58 for course of 6</p>	<p><b>Vajrasati Yoga</b> 6:30 - 8:00pm with Khadine Morcom £12 per class £55 for 5 or £100 for 10</p>	<p><b>Meditation</b> 7:00 - 8:00pm with David Crean Donations Pre-booking required</p>
<p><b>Book Club</b> 3rd Monday of each month 6:30 - 8:00pm with Fi Feehan Donations Pre-booking required</p>	<p><b>PRE-BOOKING REQUIRED</b></p>	<p><b>Midweek Reset Yoga</b> 7:30 - 8:30pm with Iona Naylon £10 per class</p>	<p><b>Pilates Beginner Level</b> 7:30 - 8:30pm with Rachel Attmere £58 for course of 6</p>	<p><b>HypnoBirthing Classes</b> 6:30 - 9:00pm with Lisa Cory Regular start dates £255 per couple</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