

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Scaravelli Yoga</b> 9:30 - 10:30am with Clare Parr £11 per class £60 for course of 6	<b>Nourishing Yoga</b> 8:15 - 9:00am with Clare Parr £10 per class £54 for course of 6	<b>Early Sunrise Yoga Flow</b> 7:00 - 8:00am with Emily Kennedy-Barnes £11 per class	<b>Rise &amp; Shine Yoga</b> 8:15 - 9:15am with Iona Naylor £10-£12 sliding scale	<b>Vajrasati Yoga</b> 8:30 - 9:30am with Jo Shaw £12 per class	<b>Pilates General Level</b> 8:15 - 9:15am with Vicky Davidson £11 per class or £63 for 6 weeks
<b>Scaravelli Yoga</b> 10:45 - 11:45am with Clare Parr £11 per class £60 for course of 6	<b>Low-Cost Acupuncture</b> Pre-book only  10:00 - 6:00pm  with Paul Morris, Claire Diola & Robert Foerster	<b>Yoga Flow</b> 8:15 - 9:15am with Michelle De Burgh £12.50 per class £55 for 5 or £100 for 10	<b>Yoga Music Flow</b> 9:30 - 10:30am with Lucy Small £60 for 6 weeks or £13 per class	<b>Well Beings</b> for parents & babies/toddlers 9:45 - 10:45am with Sally Reason £10 per class	<b>Vajrasati Yoga</b> 9:30 - 10:45am with Khadine Morcom £8-£14 sliding scale £55 for 5 or £100 for 10
<b>Weight Loss Group</b> 1:15 - 2:30pm with Donna Valaskova £80 for 5 weeks		<b>Vajrasati Yoga</b> 9:30 - 11:00am with Jo Shaw £14 per class £65 for 5 or £120 for 10	<b>Baby Massage</b> 10:45 - 11:45am with Sally Reason £58 for 5 weeks	<b>Pilates Gentle / Beginner</b> 11:00 - 12:00pm with Emily Wilson £69 for 6 classes	<b>Meditation</b> 11:30 - 12:45pm with Jana Krychtaikova sliding scale £12 - £15 or £50 for 5 classes
<b>Low-Cost Acupuncture</b> Pre-book only  1:30 - 6:20pm  with Paul Morris & Drea Campos Little	£25 - £40 Sliding Scale  Suitable for all patients Several people are treated together in a spacious & beautiful studio room	<b>Postnatal Yoga</b> Bring your Baby! 11:15 - 12:15pm with Claire Russell £13 per class or £55 for 5 classes	<b>Baby Massage</b> 12:00 - 1:00pm with Sally Reason £58 for 5 weeks	<b>Online Pilates General Level</b> 12:15 - 1:15pm with Emily Wilson £57 for 6 classes	<b>Low-Cost Acupuncture</b> Pre-book only  1:30 - 5:30pm  with Sarah Reynolds & Robert Foerster
<b>Mindfulness for Life</b> 6:00 - 8:00pm with Nicky Mouat £180 for 9 weeks	<b>Beginners to Intermediate Pilates</b> 6:30 - 7:30pm with Siofra Lamb £13 per class	<b>Back Care Yoga</b> 1:45 - 3:00pm with Suzy Greenwood £15 per class	<b>Low-Cost Acupuncture</b> Pre-book only  2:00 - 6:00pm  with Rufus Jordan & Jonquil Pinto	<b>Pilates Beginner Level</b> 1:30 - 2:30pm with Emily Wilson £69 for 6 classes	<b>Yoga for Cancer</b> 2:45 - 3:45pm with Eva Sacchi £56 for 5 weeks / £12.50 per class
<b>Yoga and Mindfulness-based Meditation</b> 7:45 - 9:15pm with Khadine Morcom 5 weeks for £60	<b>Gentle Flow Yoga</b> 7:45 - 8:45pm with Nicola Harvey £11 per class	<b>Teens Yoga</b> 4:45 - 5:45pm with Lucy Small £54 for 6 weeks or £12 per class	£25 - £40 Sliding Scale  BAaC Member <a href="http://www.acupuncture.org.uk">www.acupuncture.org.uk</a>	<b>Pilates for Healthy Bones</b> 4:00 - 5:00pm with Patsy Westcott £69 for 6 weeks / £12.50 per class	<b>Qi Gong</b> 6:00 - 7:00pm with Daniel Scott £10 per class
	<b>PRE-BOOKING REQUIRED</b>	<b>Pilates General Level</b> 6:15 - 7:15pm with Anna P £60 for course of 6 or £12 per class	<b>Pilates General Level</b> 6:15 - 7:15pm with Rachel Attmire £60 for 6 weeks	<b>Teens Meditation</b> 5:15 - 6:15pm with Juliet Wioland £60 for 6 weeks or £12.50 per class	<b>Pilates for Healthy Bones</b> 6:30 - 7:30pm with Patsy Westcott £69 for 6 weeks / £12.50 per class
		<b>Movement &amp; Meditation</b> 7:30 - 8:30pm with Iona Naylor £10-£12 sliding scale	<b>Beginner / Improvers Pilates</b> 7:20 - 8:20pm with Rachel Attmire £60 for 6 weeks		<b>Singing Group</b> 5:00 - 6:30pm with Sue Fairhurst £5 per session
					<b>Meditation</b> 7:00 - 8:00pm with David Crean donations Pre-booking required

 BAaC Member  
[www.acupuncture.org.uk](http://www.acupuncture.org.uk)

**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