

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

Book Online - www.tolcentre.com for details

Please check the online timetable at www.tolcentre.com for live updates & term dates