

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|
| Creative Flow 8:15 - 9:15am with Ashka Dzierzek £12 per class | Yang Yin Yoga 8:15 - 9:15am with Jess Wingate £13 per class | Early Sunrise Yoga Flow 7:00 - 8:00am with Emily Kennedy-Barnes £11 per class | Yang Yin Yoga 8:15 - 9:15am with Jess Wingate £13 per class | 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 £63 for 6 weeks |
| Scaravelli Yoga 9:30 - 10:30am with Clare Parr £11 per class £60 for course of 6 | Low-Cost Acupuncture Pre-book only 10:00 - 6:00pm with Paul Morris, Claire Diola & Robert Foerster £22- £37 Sliding Scale Suitable for all patients Several people are treated together in a spacious & beautiful studio room <div><div>BAC Member</div><div>www.acupuncture.org.uk</div><div>British Acupuncture Council</div></div> | 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 | Yoga for Under 5's 9:45 - 10:30am with Danay Clarke For carer + child £9 per class | Vajrasati Yoga 9:30 - 10:45am with Khadine Morcom £12 per class £55 for 5 or £100 for 10 |
| Scaravelli Yoga 10:45 - 11:45am with Clare Parr £11 per class £60 for course of 6 | | 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 £55 for 5 weeks | Pilates Gentle / Beginner 11:00 - 12:00pm with Emily Wilson £69 for 6 classes | Meditation 11:30 - 12:45pm with Jana Krychtalkova sliding scale £12 - £15 or £50 for 5 classes |
| Pilates General Level 12:00 - 1:00pm with Chrissy Chessman £13 per class | | Postnatal Yoga Bring your Baby! 11:15 - 12:15pm with Claire Russell £10 per class | Pregnancy Yoga 12:00 - 1:15pm with Kim Pehrsson £13 per class | 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 £22 - £37 Sliding Scale |
| Low-Cost Acupuncture Pre-book only 1:30 - 6:40pm with Paul Morris & Drea Campos Little £22 - £37 Sliding Scale Suitable for all patients Several people are treated together in a spacious & beautiful studio room <div><div>BAC Member</div><div>www.acupuncture.org.uk</div><div>British Acupuncture Council</div></div> | | 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 £22 - £37 Sliding Scale <div><div>BAC Member</div><div>www.acupuncture.org.uk</div><div>British Acupuncture Council</div></div> | Pilates Beginner Level 1:30 - 2:30pm with Emily Wilson £69 for 6 classes | Women's Circle Once per month 7:00 - 9:00pm with Gaynor Roberts £25 per person |
| Yoga and Mindfulness-based Meditation 7:45 - 9:15pm with Khadine Morcom 5 weeks for £60 | Pilates General Level 6:30 - 7:30pm with Siofra Lamb £13 per class | Back Care Yoga 1:45 - 3:00pm with Suzy Greenwood £12 per class | Yoga for Cancer 2:45 - 3:45pm with Eva Sacchi £56 for 5 weeks / £12.50 per class | Sunday Workshops and groups run on Sundays including: Sound Bath Drum Circle Baby Massage Yoga Workshops Qi Gong Workshops Writing Workshops and more! Please see website for details | |
| | Pilates General Level 7:35- 8:35pm with Siofra Lamb £13 per class | Kids Yoga 3:45 - 4:30pm with Anna Des Clayes £9 per class | Yoga for Cancer 2:45 - 3:45pm with Eva Sacchi £56 for 5 weeks / £12.50 per class | Kids Yoga Club 4:00 - 5:00pm with Danay Clarke £51 for 6 weeks or £9 per class | |
| | Weight Loss Group 7:00 - 8:00pm with Donna Valaskova £69 for 6 weeks | Teens Yoga 4:45 - 5:45pm with Lucy Small £54 for 6 weeks or £12 per class | Low-Cost Acupuncture Pre-book only 2:00 - 6:00pm with Rufus Jordan & Jonquil Pinto £22 - £37 Sliding Scale <div><div>BAC Member</div><div>www.acupuncture.org.uk</div><div>British Acupuncture Council</div></div> | Teens Meditation 5:15 - 6:15pm with Juliet Wioland £60 for 6 weeks or £12.50 per class | |
| | | Pilates General Level 6:15 - 7:15pm with Anna P £60 for course of 6 or £12 per class | Pilates General Level 6:15 - 7:15pm with Rachel Attmere £60 for 6 weeks | Vajrasati Yoga 6:30 - 8:00pm with Khadine Morcom £12 per class £55 for 5 or £100 for 10 | Singing Group 5:00 - 6:30pm with Sue Fairhurst £5 per session |
| | | Movement & Meditation 7:30 - 8:30pm with Iona Naylon £11 per class | Pilates Beginner Level 7:20 - 8:20pm with Rachel Attmere £60 for 6 weeks | PRE-BOOKING REQUIRED | 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