

Studio Timetable January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am-11am Yoga for All Nic		9.15am-10.15am Flow Yoga Sarah	9.30am-10.30am Pilates Yvonne	9.30am-11am Yoga for All Nic	9.15am-10.15am Rise & Flow Cat
	10am-11am Qi Gong Zoom Class Anne	10.30am-11.30am Pilates Claire Sanderson	10.45am-11.45am Pilates Claire Sanderson		
11.30am-1pm Yoga for All Nic			12pm-1pm Pilates Claire Sanderson		
1.30pm-3pm Hatha Yoga Yolanda Swift	1.15pm-2.15pm Pilates Claire Sanderson	1.30pm-2.30pm Yoga for Beginners Yolande Swift			Sunday
	2.30pm-3.30pm U3A Pilates Claire Sanderson				
6pm-7pm Slow Flow Yoga Cat	5.45pm-6.45pm Dynamic Flow Yoga Cat	5pm-6.30pm Yoga for All Sarah	5.30pm-7.00pm Yoga for All Yvonne	5.45pm-7pm Yin & Relaxation Nic 2 nd Friday of month	
	7pm-8.30pm Yoga for All Yvonne	6.45pm-8pm Yoga for Alignment (beginners welcome) Rebecca Wraith		5.30pm-6.30pm Sound Bath Nic 4 th Friday of month	

Class times may change and new classes may be added. Check the website for the current information: www.dronfielyoga.co.uk
 Contact Claire Sanderson, Yolande Swift and Rebecca Wraith directly for information and to book into their classes.
 Their contact details can be found on the website: www.dronfielyoga.co.uk