

# Studio Timetable Summer 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>9am-10.15am</b> <b>Midweek Morning</b> <b>Pranayama &amp; Yoga</b>			<i>8am-8.45am</i> <i>Strong Mamas</i> <i>Holly Walker</i>
<b>9.30am-11am</b> <b>Yoga for All</b> <b>Anne</b>	<b>10am-11am</b> <b>Qi Gong</b> <b>Anne</b>	<b>9.15am -10.15am</b> <b>Midweek Yoga</b> <b>Anne</b>	<b>9.30am-10.30am</b> <b>Pilates</b> <b>Yvonne</b>	<b>9.30am-11am</b> <b>Yoga for All</b> <b>Nic</b>	<b>9.15am-10.15am</b> <b>Rise &amp; Flow</b> <b>Cat</b>
<b>11.30am-1pm</b> <b>Yoga for All</b> <b>Anne</b>	<i>11.30am-12.30pm</i> <i>Mum &amp; Baby</i> <i>Post Natal Fitness</i> <i>Holly Walker</i>	<i>10.30am-11.30am</i> <i>Pilates</i> <i>Claire Sanderson</i>	<i>10.45am-11.45am</i> <i>&amp; 12pm-1pm</i> <i>Pilates</i> <i>Claire Sanderson</i>	<i>11.30am-12.30pm</i> <i>Mum &amp; Baby</i> <i>Post Natal Fitness</i> <i>Holly Walker</i>	
<i>1.30pm-3pm</i> <i>Hatha Yoga</i> <i>Yolanda Swift</i>	<i>2pm-3pm</i> <i>U3A Pilates</i> <i>Claire Sanderson</i>	<i>1.30pm-2.30pm</i> <i>Yoga for Beginners</i> <i>Yolande Swift</i>	<b>4pm-5pm</b> <b>Qi Gong</b> <b>Anne</b>		<b>Sunday</b>
<b>6.00pm-7.00pm</b> <b>Qi Flow Flow</b> <b>Yoga</b> <b>Anne</b>	<b>5.45pm-6.45pm</b> <b>Dynamic Flow</b> <b>Yoga</b> <b>Cat</b>	<b>5pm-6.30pm</b> <b>Yoga for All</b> <b>Anne</b>	<b>5.30pm-7.00pm</b> <b>Yoga for All</b> <b>Yvonne</b>	<b>5.45pm-7pm</b> <b>Qi and the Gong</b> <b>Anne</b> <b>1<sup>st</sup> Friday of month</b>	<i>10.30am-11.30am</i> <i>Preganancy</i> <i>Relaxation Courses</i> <i>Donna</i>
	<b>7pm-8.30pm</b> <b>Yoga for All</b> <b>Yvonne</b>	<b>6.45pm-7.45pm</b> <b>Qi Gong</b> <b>Anne</b>	<i>7.10pm-7.55pm</i> <i>Pre-Natal Fitness</i> <i>Holly Walker</i>	<b>5.45pm-7pm</b> <b>Yin &amp; Relaxation</b> <b>Nic</b> <b>2<sup>nd</sup> Friday of month</b>	
		<i>8pm-9pm</i> <i>Strong Mamas</i> <i>Holly Walker</i>	<i>8pm-9pm</i> <i>Strong Mamas</i> <i>Holly Walker</i>	<b>5.30pm-6.30pm</b> <b>Sound Bath</b> <b>Relaxation</b> <b>Anne</b> <b>4<sup>th</sup> Friday of month</b>	

**Class times may change and new classes may be added. Check the website for the current information: [www.dronfieldyoga.co.uk](http://www.dronfieldyoga.co.uk)**  
**Contact Claire Sanderson, Yolande Swift, Holly Walker and Donna directly for information and to book into their classes.**  
**Their contact details can be found on the website: [www.dronfieldyoga.co.uk](http://www.dronfieldyoga.co.uk)**