

Studio Timetable Winter/Spring 2024-25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>10am-11am Baby Massage Little Ladybirds</i>				<i>8am-8.45am Strong Mamas Holly Walker</i>
9.30am-11am Yoga for All Kelly	10am-11am Qi Gong Zoom class Anne	<i>10.30am-11.30am Pilates Claire Sanderson</i>	9.30am-10.30am Pilates Yvonne	9.30am-11am Yoga for All Nic	9.15am-10.15am Rise & Flow Cat
11.30am-1pm Yoga for All Kelly	<i>11.30am-12.30pm Mum & Baby Post Natal Fitness Holly Walker</i>		<i>10.45am-11.45am & 12pm-1pm Pilates Claire Sanderson</i>		<i>From 1st February 10.30am-11.30am Body Control Pilates Mark Lyons</i>
<i>1.30pm-3pm Hatha Yoga Yolanda Swift</i>	<i>2pm-3pm U3A Pilates Claire Sanderson</i>	<i>1.30pm-2.30pm Yoga for Beginners Yolande Swift</i>			Sunday
6pm-7pm Qi Flow Yoga Cat	5.45pm-6.45pm Dynamic Flow Yoga Cat	5pm-6.30pm Yoga for All Amanda	5.30pm-7.00pm Yoga for All Yvonne	5.45pm-7pm Yin & Relaxation Nic 2nd Friday of month	
<i>7.15pm-8.15pm Body Control Pilates Mark Lyons</i>	7pm-8.30pm Yoga for All Yvonne	<i>7pm-7.45pm Pre-Natal Fitness Holly Walker</i>		5.30pm-6.30pm Sound Bath Relaxation Nic 4th Friday of month	
		<i>8pm-9pm Strong Mamas Holly Walker</i>	<i>8pm-9pm Strong Mamas Holly Walker</i>		

Class times may change and new classes may be added. Check the website for the current information: www.dronfieldyoga.co.uk
Contact Claire Sanderson, Yolande Swift, Holly Walker, Mark Lyons and Lucy of Little Ladybirds directly for information and to book into their classes. Their contact details can be found on the website: www.dronfieldyoga.co.uk