



YOGA BODHI

Drop-in class
 Course - Please contact us to book

Studio 1, 8a Bartlett Street, Bath BA1 2QZ
 t: 01225 464848 e: info@yogabodhi.co.uk

	TIME	LEVEL	TEACHER
MONDAY	7.15am - 8.15am	Vinyasa Flow Yoga All levels	Sue
	10.00am - 11.15am	Hatha Yoga - All levels	Tristrem
	11.30am - 12.45pm	Baby Massage - 6wks	Lindsay
£6	1.30pm - 2.30pm	Vinyasa Flow Yoga All Levels	Sue
	6.00pm - 7.15pm	Viniyoga - All levels	Tristrem
	7.30pm - 9.00pm	Pregnancy Yoga - 8 wks	Sophie
TUESDAY	£6 10.00am - 11.15am	Anusara Inspired Flow Yoga - All levels	Simona
	12.15pm - 1.15pm	Pilates	Danielle
£6	6.00pm - 7.15pm	Anusara Inspired Flow Yoga - Level 1	Simona
	7.30pm - 9.00pm	Anusara Inspired Flow Yoga - Level 2	Simona
WEDNESDAY	10.00am - 11.15am	Hatha Flow Yoga - All levels	Harriet
£6	12.30pm - 1.30pm	Vinyasa Flow Yoga All levels	Jennie
	6.00pm - 7.15pm	Improvers/Level 1	Simona
£6	7.30pm - 9.00pm	Pregnancy Yoga - 8 wks	Sushi
	10.00am - 11.30am	Pregnancy Yoga - 6 wks	Simona
THURSDAY	£6 12.00pm - 1.15pm	Dynamic Vinyasa Flow Yoga - All levels	Angela
	1.30pm - 2.45pm	Ashtanga Vinyasa Yoga All levels - 8 wks	Simon Chandler
	6.00pm - 7.15pm	Beginners Yoga - 8 wks	Various
	7.30pm - 8.45pm	Hatha Yoga - All levels	Sasha
FRIDAY	9.45am - 11.00am	Gentle Yoga - All levels	Simona
£6	11.30am - 12.45pm	Mum and Baby Yoga	Simona
	1.30pm - 2.30pm	Vinyasa Flow Yoga All Levels	Sue
	5.30pm - 6.45pm	Restorative Yoga - All levels	Harriet
SATURDAY	9.30am - 10.45am	Jivamukti Yoga - All levels	Jennie
	11.00am - 12.30pm	Anusara Inspired Flow Yoga - Level 1/2	Simona
SUNDAY	No classes/See website for workshops		