

Reduced Timetable Summer 2019

Monday 22nd July to Friday 30th August

While some teachers take a well-earned break over the school holiday period, Yogawest is running a reduced timetable. As always, do **check the online timetable** in case of any last minute adjustments.

Beginners are welcome and encouraged to attend General classes. All classes are drop-in and Yogacards are accepted.

			NOTES
Monday	10.00–11.30	General	<i>no class on 26/8 (bank hol)</i>
	17.45–19.15	Intermediate	
	18.15–19.30	Beginners	
Tuesday	9.30–11.00	General	
	18.15–19.45	General	
	20.00–21.30	Intermediate	
Wednesday	10.00–11.30	General	
	18.45–20.15	General	
Thursday	10.00–12.00	Intermediate	<i>Open to all: men welcome!</i>
	18.15–19.30	Beginners	
	18.45–20.15	General	
Friday	10.00–12.00	Experienced	<i>* plus pranayama on 2/8, 8.30am</i>
	12.15–13.45	General	
	18.00–19.30	Restorative	
Saturday	9.15–10.45	Intermediate	
	11.00–12.30	General	
Sunday	10.00–11.30	General	
	18.00–19.30	General	

Full timetable resumes Saturday 31st August

Notes

Friday 2nd August Pranayama at 8.30am, all welcome.