



YOGA BODHI

Drop-in class
 Course - Please contact us to book
 (8 class passes used subject to space)

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

	TIME	LEVEL	TEACHER
MONDAY	9.30am - 10.45am	Hatha Flow Yoga - All Levels	Simona
	11.15am - 12.15pm	Ballet Fusion Fitness - All Levels	Hayley
	1.00pm - 1.45pm	Lunchtime Flow Yoga - All Levels	Simona
	6.15pm - 7.30pm	Anusara Inspired Flow Yoga - All Levels	Simona
	7.45pm - 9.00pm	Hatha Flow Yoga - All Levels	Christina
TUESDAY	9.30am - 10.45am	Anusara Inspired Flow Yoga - All Levels	Simona
	11.00am - 12.15pm	Very Gentle Yoga - All Levels	Simona
	12.45pm - 2.00pm*	Mum & Baby Yoga: 6wks*	Simona
	12.45pm - 2.00pm*	Baby Massage: 6wks*	Lizzie
	5.00pm - 6.00pm	Gentle Yoga - All Levels	Emma
	6.15pm - 7.15pm	Flow Yoga - All Levels	Emma
	7.30pm - 8.45pm	Men's Yoga - All Levels	David
WEDNESDAY	10.00am - 11.15am	Anusara Inspired Flow Yoga - All Levels	Simona
	1.00pm - 2.00pm	Strong Mama Post-Partum Strength Training (babies come too): 6wks*	Virginie
	5.30pm - 6.15pm	Power Flow Yoga - All Levels	Hayley
	6.15pm - 7.15pm	Tone & Stretch (LotteBerk®) - All Levels	Suzy
	7.30pm - 8.45pm	Flow Yoga - All Levels	Emma
THURSDAY	10.00am - 11.15am	Strong Hatha Yoga - All Levels	Christina
	11.30am - 12.45pm	Core Fusion Training - All Levels	Virginie
	6.15pm - 7.15pm	Yin Yoga - All Levels	Donna
	7.30pm - 9.00pm	Pregnancy Yoga - All Levels	Suzy
FRIDAY	10.00am - 11.15am	Gentle Yoga - All Levels	Emma
	11.30am - 12.45pm	Yin Yang Yoga - All Levels	Annie
	£3 1.00pm - 2.30pm	Yoga Teachers Practice (open to trainee & qualified Yoga teachers) - last Friday of the month*	Various
	7.00pm - 8.30pm	Restorative & Yoga Nidra - every 1st, 3rd & last Friday*	Simona
	£10 7.00pm - 8.45pm	Chanting - every 2nd Friday*	Tim
	7.00pm - 8.30pm	Gong Bath - check website for dates	Jotipal
SATURDAY	9.00am - 10.15am	Hatha Flow Yoga - Level 1	Simona
	10.30am - 12.15pm	Anusara Inspired Flow Yoga - Level 2	Simona
	12.30pm - 1.45pm	Beginners Yoga: 6wks*	Simona
SUNDAY	6.30pm - 7.45pm	Ashtanga Yoga - All Levels	Ruth
	8.00pm - 9.00pm	Relax & Restore Yoga - All Levels	Donna

*See website for dates & booking. Timetable subject to change. Please check www.yogabodhi.co.uk for the current timetable, explanation of levels and news of any unexpected changes.