

Class Timetable effective 25th July 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Morning	09:30 – 10:30 Pilates Level 1 Sarah		09:30 – 10:30 Pilates Yoga Fusion Level 1 Sarah			09:30 – 10:30 Pilates F.I.T. Level 2 Sarah	09:30 – 10:30 Pilates Level 1 Sarah		
	11:00 – 12:00 Move Well Feel Better Sarah					11:00 – 12:15 Yoga Beginners / Improvers Sarah	11:00 – 12:15 Sunday Flow Yoga Level 1 Sarah		
Afternoon	Please ask about One to One & Private Sessions					Workshops Events One to One Private / Group Sessions			
Evening	17:30 – 18:30 Pilates Level 1 Sarah	17:30 – 18:30 pm Pilates Yoga Fusion Level 1 Sarah	17:30 – 18:30 pm Pilates Level 1 Sarah						
	19:00 – 20:00 Strength Flow Yoga Level 1 - 2 Sarah	19:00 – 20:15 Yoga Beginners / Improvers Level 1 Sarah	19:00 – 20:15 Strength Flow Yoga & Relaxation Level 1 Sarah	19:00 – 20:15 Hatha Yoga Level 1 Kay	18:30 – 20:00 Freestyle Friday See MINDBODY or WWW for details				

Level 1 – Mixed ability, suitable for beginners

Level 2 – More challenging class style, some experience or reasonable fitness required

Contact details

Please check the current schedule on www.equanimitypenistone.uk or on the MINDBODY booking App for our live timetable including Workshops, Masterclasses, Events and any amendments.

Telephone Sarah (outside class times): 07936362578 or use Messenger (any time) : <https://www.facebook.com/equanimitystudio>