

## Class Timetable effective 1<sup>st</sup> September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Morning</b>	09:30 – 10:30 am Pilates Level 1 Sarah	09:30 – 10:30 Vinyasa Flow Yoga Level 1 Sarah	09:30 – 10:30 am Hatha Yoga Level 1 Sarah	10:00 – 11:00 Move Well Feel Better Dianne	09:30 – 10:30 am Pilates Level 1 Sarah	09:30 – 10:30 am Pilates Yoga Fusion Level 2 Sarah	09:30 – 10:30 am Soulful Sunday Yoga Level 1 Keri	
	10:45 – 11:45 am Mindful Movement Sarah	10:45 – 11:45 Tai Chi 24.09.19 > Zhengwu					10:45 – 11:45 am Qigong Level 1 Chris	
<b>Afternoon</b>	<b>Please ask about One to One &amp; Private Sessions</b>					<b>Workshops</b>  <b>Masterclasses</b>  <b>Events</b>  <b>Teacher Training</b>		
<b>Evening</b>	17:30 – 18:30 pm Pilates Level 1 Sarah	17:30 – 18:30 pm Pilates Yoga Fusion Level 1 Sarah	17:30 – 18:30 pm Pilates Level 1 – 2 Sarah	17:30 – 18:30 pm Pilates Yoga Fusion Level 1 Sarah				
	18:45 – 19:45 pm Vinyasa Flow Yoga Level 1 - 2 Sarah	18:45 – 19:45 pm Hatha Yoga Level 1 Keri	18:45 – 19:45 pm Hatha Yoga Level 1 Sarah	18:45 – 19:45 pm Vinyasa Flow Yoga Level 1 - 2 Keri	18:30 – 20:00 Freestyle Friday See MINDBODY or <b>WWW</b> for details			
	20.00 – 21.00 Beginners Yoga 16.09.19 > Sarah			20:00 – 21:00 pm Yin Yoga, Nidra & Massage Level 1 Keri				

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](http://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>