

11Feb to 5Apr Timetable

Open Classes

| Day | Time | Venue | Description | Cost | Drop In/Pre Book |
|------------------------------|---------------|--|----------------------------|------|------------------------------------|
| Monday no class 18Mar | 09:45 – 11:00 | St John's Memorial Hall, Woking, GU21 7SQ | Hatha Yoga and Mindfulness | £9 | Drop In/Block Book |
| Monday from 25Feb | 18:15 – 19:15 | Mary Ann Weeks Aveda Lifestyle Salon and Spa, Guildford, GU1 3AJ | Hatha Yoga | £12 | Pre Book |
| Monday | 19:30 – 20:30 | Mary Ann Weeks Aveda Lifestyle Salon and Spa, Guildford, GU1 3AJ | Flow Yoga | £12 | Pre Book |
| Friday from 1Mar | 16:15 – 17:30 | St John's Memorial Hall, Woking, GU21 7SQ | Teen Yoga | £8 | Drop In |

Workshops/Courses

| Date | Time | Venue | Description | Cost | Drop In/Pre Book |
|-----------------------------|---------------|---|---|------|--------------------------|
| Tuesday 12Feb | 20:00 – 21:30 | St John's Memorial Hall, Woking, GU21 7SQ | Delve Deeper - Vinyasa Flow Yoga | £12 | Drop In |
| Monday 25Feb – 11Mar | 11:00 – 12:15 | St John's Memorial Hall, Woking, GU21 7SQ | Therapeutic Yoga for Stress Anxiety and Panic Attacks | £35 | Pre Book |
| Tuesday 26Feb | 20:00 – 21:30 | St John's Memorial Hall, Woking, GU21 7SQ | Restorative Yoga | £20 | Pre Book |
| Saturday 10Mar | 9:45 – 11:00 | Yellowwave Clubhouse, Brighton, BN2 1EN | Restorative Yoga | £20 | Pre Book |
| Tuesday 12Mar | 20:00 – 21:30 | St John's Memorial Hall, Woking, GU21 7SQ | Delve Deeper - Vinyasa Flow Yoga | £12 | Drop In |
| Tuesday 26Mar | 20:00 – 21:30 | St John's Memorial Hall, Woking, GU21 7SQ | Restorative Yoga | £20 | Pre Book |

To pre-book or for more details please email info@joburninghamyoga.com or visit www.joburninghamyoga.com/schedule

For Mary Ann Weeks classes please visit www.maryannweeks.co.uk/yoga-pilates-studio-timetables