

11Feb to 5Apr JBY Timetable

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	13:30 – 15:00	Mary Ann Weeks Aveda Lifestyle Salon and Spa, Guildford, GU1 3AJ	Yoga Therapy 1:1	£85	Email
Monday	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	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