



CLASS SCHEDULE

*Please note
new classes
commence on
different weeks
- check website
for details

YOGA

PILATES

FITNESS

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
M O R N I N G			07:15-08:15 Vinyasa Flow with Isabel			8:00-9:00 Tai Chi with Imad	8:15-9:15 Hatha Vinyasa Flow with Dhara
	09:15-10:30 Vinyasa Flow & Meditation with Isabel	09:30-10:20 Dynamic Pilates with Emma	08:30-09:20 Pregnancy Yoga with Cassie	09:30-10:30 Barre with Zhiyka	09:00-10:00 Vinyasa Flow with Isabel	9:30-10:30 Vinyasa Flow with Kate	9:30-10:45 Yin & Yang with Zhiyka
			9:30-10:15 TRX Sculpt with Emma				
	11:00 - 12:00 Somatic Yoga and Breathwork with Laurent	10:45-11:45 Total Core with Tim	09:30-10:30 Mindful Flow with Cassie		10:30-11:30 Somatic Healing & Reiki with Mayra	11:00-12:00 Core Cocktail with Michaela	11:00-12:00 Mindful Flow with Sandrine
A F T E R N O O N	12:30-13:15 TRX Pilates with Emma	12:30-13:30 Slow Flow with Kay	12:30-13:30 Vinyasa Flow with Lucia	12:30-13:30 Power Flow with Tim	12:30-13:30 Mat Pilates Open with Halim	11:00-12:00 Vinyasa Flow with Michaela	
					12:30-13:30 Alignment Focused Yoga with Jacky		
E V E N I N G	17:30-18:30 Monday Flow Community Yoga	18:00-19:15 Candlelit Flow to Yin with Sandrine	18:00-19:00 Vinyasa Flow with Tim	18:00-19:00 Burn & Sculpt with Biba	16:30-17:30 Restorative Yoga with Heather	16:00-17:00 Somatic Flow with Kate	17:00 - 18:00 Yin Yoga with Heather
	18:30-19:30 Hatha Vinyasa Flow with Nina						18:30-19:30 Gong Bath & Sound Healing with Victoria
	19:15 - 20:30 Kundalini Yoga and Sound Healing with Victoria	19:30-20:30 Vinyasa Flow with Emmy	19:15-20:15 Yin Open with Tim	*ALTERNATING WEEKS 19:30-20:30 Sound & Restore Community Yoga with Alicia	17:45-19:00 Flow & Yin with Tracey-Anne		



50 Hill Rise

Classes, Packages and Memberships

*Class Drop In - **£20***

2 Week Intro Offer - **£49***

5 Class Pack - **£89***

10 Class Pack - **£149***

*Unlimited Monthly Membership - **£135***

Get your first class for just £10

FIRSTCLASS10

*Intro Offer is one class booking a day for two weeks.

*Class packs expire after 5 weeks for the 5 class pack & 10 Weeks for the 10 class pack.