

## Mondays:

09.00 - 10.00	Sun Power Yoga	Julia	All
10.15 - 11.15	Classic Pilates	Jackie	Level 2
11.30 - 12.30	Intensity Pilates	Jackie	All (starts 15 Feb 2010)
12.30 - 13.30	Classic Pilates	Jackie	Level 1
17.15 - 18.00	Children's Yoga	June	7 - 11 yrs
18.00 - 19.00	Classic Pilates	Michelle	Level 2
19.15 - 20.15	Classic Pilates	Vicky	Level 1
20.15 - 21.45	Astanga Yoga <small>full primary series</small>	Martin	All (Male Friendly!)

## Tuesdays

09.00 - 10.00	Classic Pilates	Michelle	Level 3
10.15 - 11.30	Parent & Baby Yoga	Claire	Babies + 6 wks - crawling
13.45 - 14.45	Classic Pilates	Michelle	Level 2
16.45 - 17.45	Teens Yoga	Melanie	12 - 16 yrs
18.00 - 19.00	Rejuvenation Yoga	Melanie	All
19.15 - 20.15	Intensity Pilates	Jackie	All
20.15 - 21.15	Vinyasa Krama Yoga	Gary	All (Male Friendly!)

## Wednesdays

09.00 - 10.00	Classic Pilates	Michelle	Level 2
10.15 - 11.15	Hatha Yoga	Linda	All
11.30 - 12.45	Intro to STOTT PILATES	Michelle	Beginners (6 hour Course)
15.45 - 16.30	Children's Yoga	Melanie	4 - 7 yrs
16.45 - 17.45	Teens Street Dance	Miranda	12 - 16 yrs
19.30 - 20.30	Classic Pilates	Colin	Level 1
20.30 - 21.30	Classic Equipment Pilates	Colin	All (Male Friendly!)

Breathing Space Studio & Day Spa

tel: 01582 462223 : [www.breathingspacespa.co.uk](http://www.breathingspacespa.co.uk)

## Thursdays

09.00 - 10.00	Classic Pilates	Andrea	Level 2
10.00 - 11.00	Classic Pilates	Andrea	Level 1
19.00 - 20.15	Intro to STOTT PILATES	Vicky	Beginners (6 hour Course)
20.15 - 21.15	Classic Pilates	Vicky	Improvers (Male Friendly!)

## Fridays

09.00 - 10.00	Classic Pilates	Michelle	Level 1
10.00 - 11.00	Hatha Yoga	Linda	All
17.15 - 18.15	Teens Street Dance	Miranda	12 - 16 yrs

## Saturdays

08.45 - 10.00	Astanga/Power Yoga	Various	6 months + experience
10.15 - 11.15	Classic Pilates	Various	Level 1 & 2
11.15 - 12.30	Intro to STOTT PILATES	Various	Beginners (6 hour Course)

**Intro to STOTT PILATES:** The world leaders in Pilates education! Learn the basic principles & exercises that are fundamental to the STOTT PILATES method. Creating a foundation of good body alignment, core stability and increased flexibility within your joints and back.

**Classic PILATES:** Build on basic principles following the STOTT PILATES Essential, Intermediate & Advanced mat work. A variety of small equipment may be used adding further challenge and fun! Expand your repertoire or focus on equipment every week in dedicated classes.

**Intensity Pilates:** Basic exercises at a more intense and faster pace; focusing on strength training to improve heart, lung fitness & stamina levels. Great to enhance your sporting activities or to get that full body sculpting workout!

**Men Friendly Classes:** Classes designed to overcome male shyness so men too can gain a total body workout with Martin, Gary, Colin & Vicky. (women are more than welcome to join in the fun!)

**Yoga:** In many formats, its worth trying a few to see what suits your mind & body. **Astanga:** Energetic with flowing postures, builds heat & strength to detoxify the body. **Power Yoga:** Freestyle modelled on Astanga but no set sequences! **Vinyasa Krama:** Dynamic like Astanga, 'Krama' are individual steps arranged into different flowing sequences with a long exhalation. **Hatha:** A good mix of Vinyasa flows and static postures, a well rounded general class. **Rejuvenation:** Slower paced, works on breaking down postures, breathing techniques, energy blocks & relaxation. Includes a monthly total relaxation guided meditation Nidra class.

**For the Kids:** Choose from the calming and agile affects of Yoga for ages 4 - 7 yrs; 7 - 11 yrs and Teens, or the funky dancing of Teens Street Dance.