

Islington Yoga Timetable SPRING 2010

Last update: MARCH 2010

Mon	Tue	Wed	Thu	Fri	Sat
	7-8.15am Karen SELF-PRACTICE	7-8.15am Karen LEVEL 1	7-8.30am John LEVEL 3	7-8am Karen LEVEL 1	
					10.15-11.15am Karen LEVEL 3
					11.30-12.30pm Karen LEVEL 1
	5.30-6.30pm John Individual Instruction				Sun
6.15-7.15pm Karen LEVEL 1		6.15-7.15pm Karen BEGINNERS		6.30-8pm John LEVEL 2	
7.30-8.30pm Karen BEGINNERS	7-8pm Karen BEGINNERS	7.30-8.30pm Ignus BEGINNERS	7.30-8.30PM Karen PREGNANCY		
	7-8.15pm John LEVEL 1	7.30-8.30pm Karen LEVEL 1	7.30-8.30pm Sam LEVEL 1		

FEES:

Drop in class: £12

6 week courses (1hour) : £57

Pregnancy Yoga course 6 weeks £65

6 class pass 2 months: £60

8 class pass 2 months: £72

12 class pass 2 months: £96