



# Timetable

## Autumn 24

(LS) Face to Face Class available Livestream

Day	Class Type	Teacher	Price
<b>Monday</b>			
9:30-10:30am	Just Yoga (LS)	Chris	£ 10.00
11:00-11:45am	Chair Yoga	Chris	£ 4.50
13:30-13:30pm	Zen2spin Express	Chris	£ 5.00
17:00-17:45pm	Pregancy Yoga	Gilly	EXT
18:00-18:45pm	Body Pump	Nabila	£ 6.00
19:00-20:45pm	Fitness Pilates (LS)	Nabila	£ 6.00
20:00-20:45pm	Wind Down Yoga Flow	Jackie	£ 8.00
<b>Tuesday</b>			
6:30-7:15am	Zen2fit (Aerobics) (LS)	Nabila	£ 6.00
9:30-10:30am	Maddava Pada Yoga (LS)	Chris	£ 10.00
12:00-12:45pm	Body Pump	Chris	£ 6.00
18:00-18:30pm	Zen2spin Express	Nabila	£ 5.00
19:00-20:00pm	Indian Hatha Yoga (LS)	Chris	£ 10.00
20:15-21:00pm	Yogic Meditation (LS)	Chris	£ 10.00
<b>Wednesday</b>			
6:30-7:15am	Zen2spin	Chris	£ 6.00
9:30-10:30am	Yin Yoga (LS)	Chris	£ 10.00
12:00-12:30pm	Yoga for Core (LS)	Chris	£ 6.00
18:15-19:00pm	Ashtanga - Standing (LS)	Chris	£ 10.00
18:15-19:00pm	Ashtanga - Seated (LS)	Nabila	£ 10.00
<b>Thursday</b>			
9:30-10:30am	Yoga for All with myofacial release (LS)	Jackie	£ 10.00
11:00-11:45am	Chair Yoga	Chris	£ 4.50
12:00-12:45pm	Zen2spin	Chris	£ 6.00
18:00-18:45pm	Yoga for Core	Nabila	£ 6.00
20:00-21:00pm	Yin Yoga (LS)	Fiona	£ 10.00
<b>Friday</b>			
6:30-7:15am	Body Pump (LS)	Chris	£ 6.00
7:45-8:30am	Ashtanga (LS)	Chris	
9:30-10:30am	Hatha Yoga (LS)	Bram	£ 10.00
11:00-12:00pm	Mother & Baby Yoga	Gilly	EXT
13:00-14:00pm	Mother & Baby Yoga	Gilly	EXT
15:45-16:15pm	Little Yins Yoga (P1-3)	Giselle	£ 4.00
16:30-17:10pm	Kids Yoga (P4-7)	Giselle	£ 4.00
18:15-18:45pm	Zen2fit Dance	Nabila	£ 4.00
<b>Saturday</b>			
8:45-9:30am	Zen2spin	Chris	£ 6.00
10:00-11:00am	Yoga Basics (LS)	Chris	£ 10.00
<b>Sunday</b>			
9:15-10:00am	Body Pump (LS)	Nabila	£ 6.00
10:30-11:30am	Yoga for Hips & Hamstrings (LS)	Nabila	£ 10.00

To Book visit <https://zen2yoga.co.uk> or email [yoga@zen2.co.uk](mailto:yoga@zen2.co.uk)