

THE STUDIO

Website: www.thestudio.lm

Email: info@thestudio.lm

For all other enquires/booking's please contact your teacher directly

The Studio is available to hire 7 days a week for workshops, Classes and Retreats
For more information call 416654

	Time	Duration	Class	Teacher	Contact
Monday	09:45	75	Yin Yoga	Esther Jones	416654
	18:00	60	Beginners Yoga	Nicole Cole	210350
	19:15	75	Yin Yoga	Aoife Belle	324283
Tuesday	12:00	120	Private Hire		
	18:00	60	Power Yoga	Nicole Cole	210350
	*19:15	75	Breathwork	Rosemary O'Donohue	458862
Wednesday	10:00	60	Beginners Yoga	Esther Jones	416654
	11:30	60	Pilates,Barre & Beam	Mo Sherring	490480
	18:00	60	Circuit Training	Jack Postlethwaite	435429
	19:30	45	Kangoos Dance	Raluca Bianca Caine	237779
Thursday	18:00	60	Intermediate Pilates	Claire Kinrade	481417
	19:00	60	Beginners Pilates	Claire Kinrade	
Friday	09:30	60	Beginners Yoga	Esther Jones	416654
	10:45	60	Physioledpilates	Susie Roelofse	370694
	13:00	60	Neurological Pilates	Christine Wright	315852
	14:00	60	Neurological Pilates	Christine Wright	
	15:00	60	Neurological Pilates	Christine Wright	
	16:30	75	Yin Yoga	Esther Jones	416654
18:00	60	Circuit Training	Jack Postlethwaite	435429	
Saturday	09:00	75	Yin Yang Yoga	Aoife Belle	324283
	*10:30	60	DanceEnTone	Sarah Wragg	433904
Sunday	*10:00	60	POUND	Sarah Buchanan	sarah@retrobox.tv

*Starting beginning of March 2020