



YogaSpacePZ

Monday	Level	Teacher
9.30am – 11.00am 11.15am – 12.15pm 1.00 pm – 3.00 pm 5.30pm – 6.45pm 7.00pm – 8.30pm	Beginners/Improvers Restorative General/Intermediate Mixed ability Mixed ability	Judith Van Dop Judith Van Dop Judith Van Dop Rachel Bohadana Tracey Wearne
Tuesday		
9.30am – 11.00am 1.30pm – 3.00pm	Mixed ability Mixed ability	Gillian Kamali Judith Van Dop
Wednesday		
4.00 – 5.30pm 6.15pm – 7.45pm	Mixed ability Mixed ability	Wendy Kennan Gillian Kamali
Thursday		
9.30am – 11.00am 2.00pm – 3.15pm 5.30pm – 6.30pm 7.00pm – 8.30pm	Mixed ability Therapy/low back pain Beginners General/ Intermediate	Tracey Wearne Judith Van Dop Rachel Bohadana Gillian Kamali
Friday		
9.30am – 10.45am 11.15am – 12.15pm 1.00pm – 3.00pm	Restorative Over 50s Intermediate	Judith Van Dop Maxine Lunn Judith Van Dop
Saturday		
1 st Saturday of each month 10.30am – 12.00noon	Mixed ability	Maxine Lunn

For more information regarding a class please contact the teacher or check our website. Yogaspacenzance. All our teachers are Iyengar Yoga certified.

Judith Van Dop	01736 360880	Gillian Kamali	01736 360559
Maxine Lunn	01736 710684	Tracey Wearne	01736 732699
Wendy Kennan	01736 799094	Rachel Bohadana	07568592289

For 1 : 1 private tuition contact Judith Van Dop or Gillian Kamali