



# YOGA timetable

| Monday  | Level   | Teacher                                       |
|---|---|---|
| 9.30am – 11.00am<br>11.15am – 12.15pm<br>1.00pm – 3.00pm<br>5.30pm – 6.45pm<br>*****7.00pm – 8.15pm<br><b>school terms only</b> | Beginners/Improvers<br>Restorative<br>General<br>Mixed ability<br>Mixed ability | Judith<br>Judith<br>Judith<br>Rachel<br>Sukie |
| Tuesday   |   |   |
| 9.30am – 11.00am<br>1.30pm – 3.00pm<br>7.00pm – 8.30pm  | Mixed ability<br>Mixed ability<br>Mixed ability                                 | Gillian<br>Judith<br>Judith                   |
| Wednesday   |   |   |
| 9.30am – 11.00am<br>11.30am – 12.30pm<br>4.00pm – 5.30pm<br>6.15pm – 7.45pm   | Mixed ability<br>Over 50s<br>Mixed ability<br>Mixed ability                     | Rachel<br>Rachel<br>Wendy<br>Gillian          |
| Thursday  |   |   |
| 9.30am – 11.00am<br>2.00pm – 3.15pm<br>5.45pm – 6.45pm<br>7.00pm – 8.30pm   | Mixed ability<br>Therapy/low back pain<br>Beginners<br>General                  | Tracey<br>Judith<br>Emily<br>Nick             |
| Friday  |   |   |
| 9.30am – 10.45am<br>11.15am – 12.15pm<br>1.00pm – 3.00pm  | Restorative<br>Over 50s<br>Intermediate   | Judith<br>Rachel<br>Judith                    |
|   |   |   |

**For more information regarding a class please contact the teacher or check our website: [Yogaspacepenzance](http://Yogaspacepenzance.com). All our teachers are Iyengar Yoga certified.**

|                 |              |                 |              |
|-----------------|--------------|-----------------|--------------|
| Judith Van Dop  | 01736 360880 | Gillian Kamali  | 01736 360559 |
| Tracey Wearne   | 01736 732699 | Rachel Bohadana | 07568592289  |
| Wendy Kennan    | 01736 799094 | Nick Thomson    | 07984474298  |
| Sukie Gladstone | 07818 051651 | Emily West      | 07970184666  |

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