

Bodies

Yoga Ilkley

Wharfedale's leading yoga practice

If you can't find a class to fit in with your life-style why not try personal tuition.

'If you can't come to me I will come to you'

Call for more information. **SEE OFFER BELOW!!**

Weekly Yoga & Training Classes – Timetable from 11th September 2017

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for all	17.30 – 18.45	18.00 – 19.00	18.00 – 19.00	09.30 – 10.45	
	19.00 – 20.00				
Beginners Yoga		19.15 – 20.15	10.00 – 11.00		
Ladies Personal Training			19.15 – 20.00	11.00 – 11.45	

Venues & Duration

- All classes, except Monday's are held at my home studio. Directions will be provided on request. Please call in advance to book your place.
- Monday Classes are held at Ilkley Baptist Church, Kings Rd, Ilkley LS29 9AD.

Costs:

Monday Classes

- Yoga for All, £9.50 per class 'drop in rate' or six consecutive classes for £50.00 – **a saving of £7**

Other Days

- Home Studio – All Yoga classes are £10.00

One-2-One Yoga or Training Personal tuition in your home or my studio. SPECIAL SEPTEMBER OFFER
½ price 1st Session at £20

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