



THE MOTORCYCLING YOGI
yoga. for whoever you are

GROUP YOGA CLASS TIMETABLE

	9-10am	10-11am	11am-12noon	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	6-7pm	7-8pm	8-9pm
Monday	Online Class Via Youtube (9.30am-10.30am)								Group Class St Andrew's Church, Redditch (6.30-7.30pm)		Group Class St Andrew's Church, Redditch (8-9pm)
Tuesday	Term-Time Group Class St Andrew's Church, Redditch (9.30-10.30am) Stops For Most School Holidays - Continues Over The Summer								Group Class St Andrew's Church, Redditch (6.30-7.30pm)		Group Class St Andrew's Church, Redditch (8-9pm)
Thursday	PEMF Therapy Available (8am-10am)						PEMF Therapy Available (3pm-4pm)		Group Class St Andrew's Church, Redditch (6.15-7.15pm)	Group Class St Andrew's Church, Redditch (7.45-8.45pm)	
Friday	PEMF Therapy Available (8am-10am)										

All private classes are held at my home studio in Church Hill North, Redditch (please contact me for availability).

The group classes (typically 15-18 people) are held at St Andrew's Church, Upperfield Close, Redditch B98 9AA. Free on-site parking for up to 8 cars. Additional parking at parade of shops (free for 2 hours).

Booking is essential for all group classes. All levels are welcome.

Find: 11 The Hills, Padbury Close, Redditch, Worcestershire B98 9AG • **Speak:** 07970 072038

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