

LIGHT CENTRE – Classes Timetable – April 2012

Book online: www.lightcentrebelgravia.co.uk or telephone 0207 881 0728



Mon	YOGA MYSORE Self practice Adam Anytime 6.30 – 9.00am	PILATES Level 1-2 Ann 9.15 – 10.15am	MOTHER & BABY PILATES New born to pre-walking Vivianne 10.15–11.15am	YOGA All Levels Amanda 11.15–12.30pm	PILATES All Levels Ann 12.30 – 1.15pm	YOGA All Levels Amanda 1.15 – 2pm		YOGA Pregnancy All Levels Catia 5.30 – 6.30pm	YOGA All Levels Amanda 5.30 – 6.30pm	YOGA Level 1-2 Nicole 6.30 – 7.45pm	PILATES All Levels Vivianne 6.30 – 7.30pm	YOGA Vinyasa Flow Level 2-3 Amanda 7.30 – 9.00pm	YOGA COURSE 7wk Beginners Nicole 7.45 – 8.45pm Starts 16/04/12
Tues	YOGA MYSORE Self practice Adam Anytime 6.30 – 9.00am	YOGA Ashtanga Led Level 1 Jinji 7.30 – 8.30am	PILATES Level 1 Vivianne 9.30 – 10.30am	PILATES Level 2 Vivianne 10.45 – 12.00	PILATES All Levels Samantha 12.30 – 1.15pm	YOGA All Levels Jinji 1.15 – 2pm	PILATES COURSE 5wk Beginners Vivianne 2.30 – 3.30pm Starts 17/04/12 Drop-in welcome	BARRETIQUE All Levels Madeline & Sarah 5.15–6.15pm Starts 10/04/12	YOGA All Levels Jennifer 5.45 – 6.45pm	PILATES All Levels Federica 6.15 – 7.15pm	YOGA COURSE 6wk Beginners Fiona 6.45 – 7.45pm Starts 10/04/12	YOGA Jivamukti Level 3 Stewart 7.15 – 9.00pm	YOGA Level 1-2 Fiona 7.45 – 9.00pm
Wed	YOGA MYSORE Self practice Adam Anytime 6.30 – 9.00am	PILATES Level 1 Vivianne 7.30 – 8.30am	YOGA Level 1 Sophie 9.30 – 10.45am	YOGA Level 1-2 Sophie 11 – 12.15pm	PILATES All Levels Ann 12.30 – 1.15pm	YOGA All Levels Nicole 1.15 – 2.15pm		PILATES 4 BACKS Ann 5.30 – 6.30pm	PILATES COURSE 7wk Beginners Vivianne 5.45 – 6.45pm Starts 18/04/12	YOGA Level 1-2 Nicole 6.30 – 7.45pm	PILATES Level 1-2 Vivianne 6.45 – 7.45pm	YOGA COURSE 7wk Improvers Nicole 7.45 – 8.45pm Starts 18/04/12	YOGA All Levels Kore 7.45 – 9.00pm
Thu	YOGA MYSORE Self practice Adam Anytime 6.30 – 9.00am	PILATES Level 2 Ann 9.15 – 10.15am	PILATES Level 1-2 Ann 10.30 – 11.30am	YOGA Restorative All Levels Graham 11.30 – 12.15pm	PILATES All Levels Samantha 12.30 – 1.15pm	YOGA All Levels Katie 1.15 – 2.15pm	KIDS YOGA 6-12 yrs Ali 5.00 – 5.45pm Starts 19/04/12	PILATES Pregnancy All Levels Poi 5.30 – 6.30pm	YOGA Jivamukti Level 3 Stewart 6.00 – 7.30pm	PILATES COURSE 6wk Beginners Poi 6.30 – 7.30pm Starts 12/04/12	YOGA Jivamukti Level 3 Stewart 7.30 – 9.15pm	YOGA All Levels Nicole 7.30-8.30pm	
Fri	YOGA MYSORE Self practice Adam Anytime 6.30 – 9.00am	YOGA All Levels Nicole 9.00–10.00am	MOTHER & BABY PILATES New born to pre-walking Vivianne 10 – 11.00am	BARRETIQUE All Levels Madeline & Sarah 11.15 – 12.15pm	YOGA Restorative All Levels Katie 12.30 – 1.15pm	YOGA Level 2 Katie 1.15 – 2.15pm	YOGA BUGS Kids age 3-6 yrs Katie 4.00 – 4.45pm	YOGA Jivamukti Level 3 Stewart 5.45 – 7.30pm	PILATES Level 1-2 Poi 6.30 – 7.30pm	YOGA Level 2 Catia 7.30 – 8.45pm	YOGA - DANCE All Levels Keef 8.00 – 10.00pm		
Sat		YOGA All Levels Sophie 9.00 – 10.30am	YOGA WORKSHOP To book this class please email satyagrahayaoga@yahoo.co.uk Stewart 10.45 – 12.45pm (£15 cash)	PILATES All Levels Federica 1.15 – 2.15pm	NATURAL FITNESS STUDIO Natural Fat Loss 8 week course Mon 16/04/12 7:30 – 8:30am Wed 02/05/12 19:30 – 20:30			OPEN MONDAY - SATURDAY Personal Training Marc, Adam, Maciej Ask at reception for more details		Strength & Conditioning 8 week course Mon 16/04/12 10:00 – 11:00am Mon 16/04/12 19:30 – 20:30 Wed 18/04/12 18:30 – 19:30			

MEMBER prices: 45 mins £9; 60 mins £10; 75 mins £11; 90 mins £12; 105 mins £13; 120 mins £14; Ashtanga Self Practice £10.
NON-MEMBER prices: 45 mins £11; 60 mins £12; 75 mins £13; 90 mins £14; 105 mins £15; 120 mins £16; Ashtanga Self Practice £12.
 Stored Value Pay £45 for £50 credit, pay £85 for £100 credit, pay £160 for £200 credit. Ask at reception for more information.

Level 1 – BEGINNERS, Level 2 – IMPROVERS, Level 3 – ADVANCED.

V03/04/12

N.B. All teachers at the Centre are comprehensively qualified and insured with recognised professional organisations. They are not however employed by the Light Centre.

Clients undertaking classes offered at the Centre do so at their own risk and are contracting with the individual teacher concerned and not with the Light Centre. Full terms and conditions available at www.lightcentrebelgravia.co.uk