

# Sheffield



## Satyananda Yoga School Class Timetable

<u>Day</u>	<u>Time</u>	<u>Level</u>
Monday	10:00 – 11:30am	Mother & Baby Yoga
Monday	6:00 – 7:30pm	Intermediate
Monday	7:45 – 9:15pm	Beginners
Tuesday	10:00am – 12:00pm	Yoga for Pregnancy
Tuesday *	7:00 – 8:30pm	Intermediate
Wednesday	6:00 – 7:30pm	Beginners
Wednesday	7:45 – 9:15pm	Intermediate
Thursday	6:00 – 7:30pm	Intermediate
Thursday	7:45 – 9:30pm	Yoga for Pregnancy

- *Classes are held at Ebenezer Hall, Greenhow Street, Walkley.  
Except : \* Tues 7pm : Westways Primary School, Western Rd, Crookes*
- *If you are unable to attend your regular class you are welcome to attend any other class (of the same level) that week.*
- *You can make up any missed classes by attending more than once in any week.*

**For further information call : 0114 – 2338340**

**[www.sheffieldyogaschool.co.uk](http://www.sheffieldyogaschool.co.uk)**