



Studio Class Timetable

Due to our cozy space, booking is required for classes in advance. You can book classes online, use the sign in sheets in the studio or drop us an email, call, text, facebook post, tweet - you name it! If the class is fully booked we will put your name on the standby list in case there is a cancellation.

If you can't make your class please let us know 24hrs beforehand so that others may come in your place. If you provide less than three hours notice when cancelling your class then we will still charge you for that class.

Monday

09.30-10.45 ENERGISE (Jen)

18.00-19.15 ENERGISE (Jen)

19.30-21.00 Beginners Course* (Stretch)

Tuesday

07.00-08.00 SUNRISE (Jen)

10.00-11.15 PREGNANCY* (Jen)

18.30-19.45 STRONG (Stretch)

20.00-21.00 MELLOW (Jen)

Wednesday

09.30-10.45 FOUNDATION (Stretch)

18.00-19.15 FOUNDATION (Stretch)

19.30-20.45 FOUNDATION (Stretch)

Thursday

07.00-08.00 SUNRISE (Stretch)

09.30-10.45 ENERGISE (Jen)

18.30-19.45 STRONG (Stretch)

20.00-21.00 MELLOW (Jen)

Friday

18.45-20.00 CHARITY Yoga Flow* (Sarah)

Saturday

08.00-09.00 SUNRISE (Jen)

10.00-11.15 FOUNDATION (Stretch)

Sunday

No Classes

Single Class - £7

Block of 5 - £30

Block of 10 - £55

Payment either by cash or cheque on the day or BACS in advance to:

Jennifer Harvey, Lloyds Bank, 11362268, 30-90-34 using your name as a reference

*Different pricing policy applies to these classes

jen@oceanflowyoga.co.uk

www.oceanflowyoga.co.uk

www.facebook.com/OceanflowYogaCornwall www.twitter.com/OflowYoga

Oceanflow Yoga Studio, 4 Gwelva Lowenek, Pentire Avenue, Newquay TR7 1GX