

Blackheath Complementary Health Centre Classes Timetable

Monday	Class	Advance Blocks	Drop-in	Teacher	Extra Info			
9am - 10am	Tai Chi	£60 - 6 classes	£14	Ines				
10.30 - 11.30am	Baby Massage classes	48 - 5 classes	n/a	Elaine				
7 - 8.30pm	Hatha Yoga Mixed Ability	£80 - 8 classes	£12	Janice				
Tuesday								
10 - 11.30am	Well Woman Yoga	£75 - 6 classes, £100 - 8	n/a	Bernadette				
1.15pm-2.15pm	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class			
7pm - 8pm	Sound Circle Meditation	£10 suggested donation	n/a	Judith	1st & 3rd Tues monthly			
7.15 - 8.30	Women's Health Class	£84 - 6 classes (adv payment)	£16	Ramona	2nd and 4th Tues monthly			
Wednesday								
10.30 - 12noon	Restorative Yin Yoga	£60 - 6 classes (£50 conc)	Email Jess	Jess				
6 - 7.15pm	Pregnancy Yoga	£84 - 7 classes	n/a	Bernadette				
7.30 - 9pm	Well Woman Yoga	£75 - 6 classes, £100 - 8	n/a	Bernadette				
Thursday								
7am - 8am	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class			
9.30 - 10.30am	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class			
10.30 - 11.30am	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class			
7.30 - 9pm	Restorative Yoga by Candlelight	£16 - booking essential	n/a	Ramona	Monthly			
7pm - 9pm	Mapping the Pelvis	£40	£40	Bernadette	Monthly			
Friday								
6 - 7pm & 7.30 - 8.30pm	Gong and Sound Bath Meditation	£15 - booking essential	n/a	Sarah/Isabel	Monthly			
Pilates Babies/Ante & Post Natal Yoga	Bernadette King 07816443319 info@peacefulpractice.co.uk www.peacefulpractice.co.uk	Elaine Bratby 07951271400 sunshinestudios.uk @gmail.com	Ines Alonso Garcia 07507475493 the figtreeinthedesert @gmail.com	Janice White 07702226735 janice@ experienceyoga.co.uk	Jess Glenny jess@moving prayer. co.uk	Kasia Kowalska 07852495425 kasia@myyogalondon. co.uk	Iris Waller 07971562831 stateofplay88 @gmail.com	Judith Quin judith.healing hands@gmail.com
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