

# Blackheath Complementary Health Centre Classes Timetable

Monday	Class	Advance Blocks	Drop-in	Teacher	Extra Info
10.30 - 11.30am	Baby Massage classes	48 - 5 classes	n/a	Elaine	
3 - 4pm	Tai Chi	£60 - 6 classes	£14	Ines	
7 - 8.30pm	Hatha Yoga Mixed Ability	£80 - 8 classes	£12	Janice	
<b>Tuesday</b>					
10 - 11.30am	Well Woman Yoga	£99 - 6 classes, £132 - 8 classes	n/a	Bernadette	
12-1pm	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
1-2.15pm	Hatha Yoga Flow	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
5.30 - 7pm	EnYoga	£60 - 6 classes (adv payment)	£15	Kym	Starting 4 June
7.30 - 8.45pm	Women's Health Class	£98 - 7 classes (adv payment)	£16	Ramona	2nd & 4th Tues monthly
8 - 9 pm	Flow and Restore Yoga	£40 for a block of 4 classes	£10.50	Carol Jonas	1st & 3rd Tues monthly
<b>Wednesday</b>					
10am - 12pm	After Birth (5 week course)	£75 for the 5 week course	n/a	Ariel	Starts 15 May
6 - 7pm	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
7.30 - 9pm	Well Woman Yoga	£99 - 6 classes, £132 - 8 classes	n/a	Bernadette	
<b>Thursday</b>					
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	Once a month
7pm - 9pm	Empowered Labour Workshop	£40	£40	Bernadette	Every two months
7.30pm - 8.30pm	Crystal Meditation and Support Circle	£48 for 4 sessions	£15	Renata	Fortnightly
<b>Friday</b>					
7 - 8.15pm	Sound Circle Meditation	£15	£15	Judith	Monthly

Pilates	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	Judith Quin judith.healinghands@gmail.com	Ramona Peoples 07966741296 info@bodyorchestra.com
Babies/Ante & Post Natal							

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