



AMRITA SCHOOL OF YOGA

BROCKWELL LIDO TEACHER TIMETABLE

| | <i>TIME</i> | <i>STYLE</i> | <i>TEACHER</i> | <i>CONTACT</i> |
|--------------|----------------|---------------|-----------------|--|
| Mon | | | | |
| | 10:00 - 11:30 | Fluid Hatha | Nigel Gilderson | www.awayoga.com |
| | 10:00 - 10:45 | Kids (2-5yrs) | Antonia Pollock | www.antoniapollock.co.uk |
| | 18:30 - 20:00 | Hatha | Mark Dudley | www.usethebreath.com |
| | 20:15 - 21:45 | Hatha | Tamsin Growney | 07958 790 104 |
| Tues | | | | |
| | 18:30 - 20:00 | Fluid Hatha | Nigel gilderson | |
| | 14:00 - 15.00 | Mum & Baby | Antonia Pollock | |
| Weds | | | | |
| | 10:00 - 11:30 | Fluid Hatha | Nigel Gilderson | |
| Thurs | | | | |
| | 20:15 - 21:15 | Astanga | Dan levitas | 07944 812 943 |
| Fri | | | | |
| | 10: 00 - 11:30 | Astanga | Dan Levitas | |
| Sat | | | | |
| | 9.30 - 11:00 | Astanga | Dan Levitas | |
| | 11:00 - 12:30 | Sivananda | Charlotte Bliss | www.charlotteblissyyoga.com |
| Sun | | | | |
| | 10:00 - 11:30 | Hatha | Antonia Pollock | |
| | 11:30 - 12:45 | Healthy Back | Antonia pollock | |
| | 11:15 - 12:45 | Hatha Yoga | Paul Duffy | 07720 328 321 |
| | 16:00 -17:15 | Pregnancy | Antonia Pollock | |