



# KNUTSFORD IYENGAR YOGA CENTRE

Affiliated to the Iyengar Yoga Association (UK)

11 Branden Drive, Knutsford, WA16 8EJ

www.KnutsfordYoga.co.uk

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## CLASS TIMETABLE - AUTUMN TERM 2019

The Autumn Term starts on Monday, 2nd September and finishes on Sunday, 15th December 2019

Half Term is from Monday 28th October to Sunday 3rd November 2019

Course Fees are payable to the class teacher at the start of each term

A new set of 6 week Foundation Courses will start week beginning 4th November (Course Fee £48)

<b>MONDAYS</b>				
10.00 to 12.00	General	14 weeks	£140.00	Margaret
13.00 to 14.30	General/Beginners	14 weeks	£126.00	Jules
15.00 to 16.00	Easy and Gentle	14 weeks	£140.00	Elise
18.00 to 19.00	Foundation	8 weeks	£64.00	Tanja
19.30 to 21.00	General	14 weeks	£126.00	Susie
<b>TUESDAYS</b>				
7.00 to 8.30	Early Morning	14 weeks	£126.00	Richard
10.00 to 12.00	General	14 weeks	£140.00	Cath
12.45 to 14.45	General	14 weeks	£140.00	Margaret
19.00 to 21.00	General	14 weeks	£140.00	Margaret
<b>WEDNESDAYS</b>				
10.00 to 11.00	Foundation	8 weeks	£64.00	Margaret/Jules
12.45 to 14.45	General	14 weeks	£140.00	Margaret
18.00 to 19.30	General/Beginners	14 weeks	£126.00	Jules
20.00 to 21.00	Foundation	8 weeks	£64.00	Karen
<b>THURSDAYS</b>				
10.00 to 12.15	Intermediate	14 weeks	£168.00	Margaret
13.00 to 14.00	Easy and Gentle	14 weeks	£140.00	Jill/Lindsay
14.30 to 15.45	Therapy	8 weeks	£112.00	Jill/Lindsay
18.00 to 19.30	General	14 weeks	£126.00	Susie
<b>FRIDAYS</b>				
7.00 to 8.30	Early Morning	14 weeks	£126.00	Jill
9.30 to 11.30	General	14 weeks	£140.00	Jill
18.30 to 19.45	Restorative	`Drop-In` Class - no need to book	£10 a class	Various
<b>SATURDAYS</b>				
9.00 to 10.30	General/Beginners	14 weeks	£126.00	Elise
<b>SUNDAYS</b>				
9.00 to 10.00	Foundation	8 weeks	£64.00	Maxine/Rebecca
10.30 to 12.00	General/Beginners	14 weeks	£126.00	Richard

### For further information on the courses, please contact the class teacher(s)

Margaret Carter	KnutsfordYoga@aol.com	07807 348441
Cath Elton	Cath01.elton@gmail.com	07974 936365
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