



The Putney Clinic  
OF PHYSICAL THERAPY

### Yoga & Pilates Classes Timetable

Day	Time	Class	Teacher
Mondays	9.30-10.30am	Mat Pilates level 1/ Prenatal	Lucy
	7pm-8pm	Mat Pilates	Laurent
Tuesdays	9.30 -10.30 am	Ashtanga (Led)	Cherie
	19.00 -20.00	Sporting Stretch class	Lucy
Wednesdays	7pm-8pm	Prenatal Yoga	Diane
	6pm-7pm	Restorative Yoga	Diane
Thursdays			
	10.40am-11.30am	Mum & Baby Yoga	Diane
Fridays	Classes will be available on Fridays soon		
Saturdays	9.15am-10.45am	Mysore Style Yoga	Cherie
	10.45am-11.45am	Prenatal Yoga	Cherie
	12noon-1.00pm	Mat Pilates (remedial)	Liz
Sundays	The Putney Clinic is closed on Sundays		

### Yoga & Pilates Class Block Prices & Expiry Periods

Class	Duration	Class Pass Price	Pass Expiry Period
Ashtanga Yoga	75mins	6 classes £84.00	Use within 8 weeks
	75mins	10 classes £130.00	Use within 3 months
Hatha Yoga	60mins	6 classes £78.00	Use within 8 weeks
	60mins	10 classes £125.00	Use within 3 months
Prenatal Yoga	60mins	6 classes £78.00	Use within 8 weeks
	60mins	10 classes £125.00	Use within 3 months
Mum & Baby Yoga	60mins	6 classes £78.00	Use within 8 weeks
	60mins	10 classes £125.00	Use within 3 months
Vinyasa/Power Yoga	60mins	6 classes £78.00	Use within 8 weeks
	60mins	10 classes £125.00	Use within 3 months
Mat Pilates	60mins	6 classes £78.00	Use within 8 weeks
	60mins	10 classes £125.00	Use within 3 months

Casual drop in places for all classes are charged at £15.00 each and you will only be able to attend if we have space available within the class. There is a maximum of ten people in most classes and so we strongly recommend that you pre-book your place in the class to avoid disappointment upon arrival at the clinic.

Classes can be booked in person at The Putney Clinic reception, by emailing [info@putneyclinic.co.uk](mailto:info@putneyclinic.co.uk) or by calling **020 8789 3881**.

Timetable and prices last updated: 16<sup>th</sup> May 2012