

Studio Timetable September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am-11am Yoga for All Cat	10am-11am Qi Gong Rebecca Wraith		9.30am-10.30am Pilates Yvonne	9.30am-11am Yoga with Sarah	<i>7.30am-8.30am</i> <i>Strong Mamas</i> <i>Circuits with Holly</i>
	<i>11.30am-12.30pm</i> <i>Post Natal Recovery</i> <i>Holly Walker</i>	<i>10.30am-11.30am</i> <i>Pilates</i> <i>Claire Sanderson</i>	<i>10.45am-11.45am</i> <i>Pilates</i> <i>Claire Sanderson</i>		9.15am-10.15am Rise & Flow Cat
11.30am-1pm Yoga for All Cat	<i>1.15pm-2.15pm</i> <i>Pilates</i> <i>Claire Sanderson</i>		<i>12pm-1pm</i> <i>Pilates</i> <i>Claire Sanderson</i>		
<i>1.30pm-3pm</i> <i>Hatha Yoga</i> <i>Yolanda Swift</i>	<i>2.30pm-3.30pm</i> <i>U3A Pilates</i> <i>Claire Sanderson</i>	<i>1.30pm-2.30pm</i> <i>Yoga for Beginners</i> <i>Yolande Swift</i>	2pm-3pm Qi Gong Rebecca Wraith		Sunday
6pm-7pm Slow Flow Yoga Cat	5.45pm-6.45pm Stretch, Strengthen & Flow Cat	5.30pm-6.30pm Flow Yoga with Sarah	5.45pm-7.00pm Yoga for All Yvonne	5.45pm-7.15pm Yin & Relaxation Nic 2nd Friday of month	
<i>7.15pm-7.45pm</i> <i>Prenatal Fitness</i> <i>Holly Walker</i>	7pm-8pm Hatha Yoga with Tracy		<i>7.15pm-8.15pm</i> <i>Physio Pilates</i> <i>Opalite Pilates</i> <i>(Tamsin McGraw)</i>	5.30pm-6.30pm Sound Bath Anne 4th Friday of month	
<i>8.15pm-9.15pm</i> <i>Strong Mamas</i> <i>Holly Walker</i>		<i>8.15pm-9.15pm</i> <i>Strong Mamas Fitness</i> <i>Holly Walker</i>			

Class times may change and new classes may be added. Check the website for the current information: www.dronfielddyoga.co.uk
Contact Claire Sanderson, Yolande Swift, Tamsin McGraw and Holly Walker directly for information and to book into their classes. Their contact details can be found on the website: www.dronfielddyoga.co.uk

