

# CLASSES



## Class Details, Prices and Schedule

We offer beginners, improvers and advanced classes. However, please feel free to attend any of the classes as we are happy to adapt the postures to ensure that you work to your own individual physical and mental needs.

In addition to our general classes, Yoga Unplugged conducts a 10-week beginner's course and other specialist courses including Yoga during pregnancy, post-natal and for Mother and Babies. We also offer 1 to 1 sessions and specialist short programs to address specific needs e.g. mobility issues, where appropriate.

Any queries call 07812 244272 or email [info@yogaunplugged.co.uk](mailto:info@yogaunplugged.co.uk)

## Term Times, Timetables and Prices

**Summer Term - 10 weeks - £75 (£7.50 per class) payable at beginning of term**

- £10 per class on a drop in basis

Monday 11th April 2016

Half Term 30th May 2016 to 3rd June 2016

Ends 27th June 2016

\* Bank Holiday 2nd May 2016

- **Monday** 6.00 - 7.30pm (Improvers) OATHALL COMMUNITY COLLEGE DRAMA CENTRE
- **Monday** 7.30 - 9.00pm (Beginners) OATHALL COMMUNITY COLLEGE DRAMA CENTRE
- **Tuesday** 1.30 - 3.00pm (Improvers) THE QUEEN'S HALL, CUCKFIELD
- **Tuesday** 6.00 - 7.30pm (Beginners) HERONWAY PRIMARY SCHOOL
- **Tuesday** 7.40 - 9.10pm (Advanced) HERONWAY PRIMARY SCHOOL
- **Wednesday** 6.00 - 7.30pm (Improvers) NORTHLANDS WOOD PRIMARY SCHOOL
- **Wednesday** 7.30 - 9.00pm (Advanced) NORTHLANDS WOOD PRIMARY
- **Friday** 9.30 - 11am (Improvers) SCAYNES HILL MILLENIUM CENTRE

**Summer Holiday Term - 5 weeks - £40 ) payable at beginning of term - £10 per class on a drop in basis**

Tuesday 26th July to Wednesday 24th August 2016

- **Tuesday** 6.00 - 7.30pm (Beginners) HERONWAY PRIMARY SCHOOL
- **Tuesday** 7.40 - 9.10pm (Advanced) HERONWAY PRIMARY SCHOOL
- **Wednesday** 6.00 - 7.30pm (Improvers) NORTHLANDS WOOD PRIMARY SCHOOL
- **Wednesday** 7.30 - 9.00pm (Advanced) NORTHLANDS WOOD PRIMARY

**Autumn Term - 12 weeks - £90 (£7.50 per class) payable at beginning of term**  
- £10 per class on a drop in basis

Monday 5th September 2016

Half Term 24th October - 28th October 2016

Ends 5th December 2016

- **Monday** 6.00 - 7.30pm (Improvers) OATHALL COMMUNITY COLLEGE DRAMA CENTRE
- **Monday** 7.30. 9.00pm (Beginners) OATHALL COMMUNITY COLLEGE DRAMA CENTRE
- **Tuesday** 1.30 - 3.00pm (Improvers) THE QUEEN'S HALL, CUCKFIELD
- **Tuesday** 6.00 - 7.30pm (Beginners) HERONWAY PRIMARY SCHOOL
- **Tuesday** 7.40 - 9.10pm (Advanced) ERONWAY PRIMARY SCHOOL
- **Wednesday** 6.00 - 7.30pm (Improvers) NORTHLANDS WOOD PRIMARY SCHOOL
- **Wednesday** 7.30 - 9.00pm (Advanced) NORTHLANDS WOOD PRIMARY
- **Friday** 9.30 - 11am (Improvers) SCAYNES HILL MILLENIUM CENTRE

#### **VENUE ADDRESSES**

- Oathall Community College Drama Centre,  
Appledore Gardens, Haywards Heath, West Sussex, RH16 2AQ
- The Queens Hall, High Street, Cuckfield, West Sussex RH17 5EL
- Heron Way School, Heron Way, Horsham RH13 6DJ
- Northlands Wood Prmary School, Beech Hill, Haywards Heath, RH16 3RX
- Scaynes Hill Millennium Centre, Lewes Road, Scaynes Hill, West Sussex RH17 7PG