

All Classes are at Old School Studio, Newlyn except those in **RED**. Click on Teacher's name for info or to book

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
7.00-8.00 Vinyasa Flow Yoga- <a href="#">Marta</a>	7.30-8.30-Yoga Intermediate Vinyasa- <a href="#">Lila</a>		7.30-8.30 Pilates with <a href="#">Nick</a>			
10-11.15 Dancing Together Workshops with <a href="#">Katie Lusby</a>	9.30-10.30 Pilates with <a href="#">Hannah</a>	9.30-11.00 Health and Healing U3A Yoga with <a href="#">Sylvia</a>	9.30-11.00 YinFusion Yoga with <a href="#">Justine</a>	9.30-10.15 BARRE Xpress with <a href="#">Tam (Port de Barre)</a>	9-10 Yoga with <a href="#">Sandra</a>	
				10.30-11.30 Pilates with <a href="#">Helen</a>		10.30-11.30 Gong Bath with <a href="#">Liz</a>
11.30-12.30 Yoga-FREE Class for anyone experiencing mental Health issues <a href="#">Sport in Mind</a>		11.30-12.30 Adult Ballet Beginner/ Improvers with <a href="#">Maria</a>	11.30-12.30 'Silver Swans' (Over 50's or complete beginners) Ballet with <a href="#">Maria</a>			
3.45-4.15 Grade 5 Ballet (Private Lesson)	2.00-3.30 Silver Swans Ballet <b>at Landithy Hall, Madron.</b> With <a href="#">Maria</a>					
4.15-5.15 Grade 4 Ballet with <a href="#">Maria</a>	4.00-4.30 Toddler Dance (2-4 years) with <a href="#">Maria</a>	Primary Ballet 3.45-4.30 with <a href="#">Maria</a>	3.30-4.20 Intermediate Ballet with <a href="#">Maria</a>			
5.15-6.00 Inter-Foundation Ballet with <a href="#">Maria</a>	4.30-5.30 Grade 4 Ballet (Private) with <a href="#">Maria</a>	4.30-5.30 Grade 1 Ballet with <a href="#">Maria</a>	4.20-5.20 Grade 7 Ballet with <a href="#">Maria</a>			
6.00-7.00 Grade 8 Ballet with <a href="#">Maria</a>	5.45-6.45 Pilates with <a href="#">Hannah</a>	5.30-6.30 Grade 2 Ballet with <a href="#">Maria</a>	5.20-6.05 Intermediate Foundation Ballet with <a href="#">Maria</a>			
7.00-8.00 Beginner/Improver Adult Ballet with <a href="#">Maria</a>	7.00-8.00 Gentle Vinyasa Flow Yoga with <a href="#">Marta</a>	6.30- 7.15 Pointe (or Soft), Core & More with <a href="#">Sapphire</a>	6.15-7.15 Beginners Flamenco with <a href="#">Claudia</a>			6.00-7.00 Gong Bath with <a href="#">Liz</a>
		7.15-8.15 Discovering Repertoire Ballet-for experienced dancers with <a href="#">Maria</a> and <a href="#">Sapphire</a>	7.30-8.30 Yoga Intermediate Vinyasa Flow- <a href="#">Marta</a>			