

## March – May 2025

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
10:00 – 11:00 YOGA with Clara <b>In-Studio &amp; Online</b>	9:30 – 10:30 YOGA with Clara <b>In-Studio</b>	10:00 – 11:00 CHAIR YOGA with Sarah <b>In-Studio</b>	9:45 – 11:00 YOGA with Marian <b>In-Studio</b>	10:00 – 11:00 YOGA with Clara <b>In-Studio &amp; Online</b>	9:00 – 10:00 VINYASA YOGA with Kerry <b>In-Studio</b>	Workshops See Events on our website for info
			11:30 – 12:30 GENTLE PILATES with Itta <b>In-Studio</b>			
			13:30 – 3:00 MUM & BABY YOGA with Gladey <b>In-Studio</b>			
	18:00 – 19:00 PREGNANCY YOGA with Peta <b>In-Studio</b>	18:00 – 19:15 YOGA with Clara <b>In-Studio &amp; Online</b>	18:00–19:00 YOGA with Marian <b>In-Studio</b>	18:00–19:00 YOGA with Travis <b>In-Studio</b>		18:00–19:00 PRENATAL YOGA with Gladey <b>In-Studio</b>
19:00 – 20:15 YOGA with Clara <b>In-Studio</b>	19:15 – 20:15 GENTLE PILATES with Itta <b>In-Studio</b>	19:30 – 20:30 GENTLE YOGA with Clara <b>In-Studio &amp; Online</b>	19:30–20:30 VINYASA YOGA with Bethan <b>In-Studio</b>			

### Find us



Please book online on our website:

[www.bristolyogospace.co.uk](http://www.bristolyogospace.co.uk)

Small, friendly group classes

Online options

1:1 sessions

Yoga therapy & home practice mentoring

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Please get in touch with any questions  
or if we can help you find the right class or starting point.

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Ring: Clara, 07530 053 543

Email: [bristolyogospace@gmail.com](mailto:bristolyogospace@gmail.com)

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