

# August - September 2024

## \*new classes from September

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 &amp; Online</b>	* 10:00 - 11:00 CHAIR YOGA with Sarah <b>In-Studio</b> (tea after too!)	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
* 12:30 - 13:30 PILATES LEVEL 1-2 with Lucy <b>In-Studio</b>			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>			
17:45 - 18:45 GENTLE / BEGINNERS YOGA with Clara <b>In-Studio &amp; Online</b>	18:00 - 19:00 PREGNANCY YOGA with Peta <b>In-Studio &amp; Online</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 &amp; Online</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  
Small, friendly group classes  
Online options  
1:1 sessions  
Yoga therapy & home practice mentoring

---

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

---

Ring Clara: 07530 053 543  
Email: [bristolyogaspacespace@gmail.com](mailto:bristolyogaspacespace@gmail.com)

**[www.bristolyogaspacespace.co.uk](http://www.bristolyogaspacespace.co.uk)**  
Princes Place, Bishopston, Bristol, BS7 8NP