

Wapping Autumn Schedule 2010

# Pilates & Yoga

from September 6th, 2010

## Mondays

7:00 - 8:10 p.m. Pilates Mat Class- Beginners

8:15 - 9:35 p.m. Hatha Yoga Flows- Mixed level

## Saturdays

12 noon- 1:10pm Pilates - mixed level

1:15- 2:30pm Hatha Yoga Flows - mixed level

13 week mat courses- Investment in your health - £169.00 .

Classes run for 13 weeks starting in the week of September 6th, and ending in the week of December 6th with a 1 week midterm break in the week of October 25th . Please confirm your place by August 13th.

*Classes book up quickly so please confirm your place now!!*

*Private classes arranged by appointment. Pilates and Yoga retreats abroad too!! As featured in RED magazine, Time Out and Evening Standard*

All classes are taught by Jill Everett, a certified Body Control Pilates Instructor and Certified Yoga Instructor,& author of the book PILATES PLUS YOGA

The classes will be held in the beautiful riverside studio space upstairs at the Shadwell Basin Centre, where the boats/canoes are, just a few doors down from The Prospect of Whitby pub. Parking on the street, Wapping Wall or Glamis Road opposite the park.

## Flow Studio

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

Shadwell Basin Outdoor Activity Centre (The Boat Centre)

Glamis Road Wapping London E1

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