

Wapping Spring Schedule 2010

Pilates & Yoga

from April 12, 2010

Mondays

7:00 - 8:10 p.m.

Pilates Mat Class- Beginners - 11 week course

8:15 - 9:35 p.m.

Hatha Yoga Flows- Mixed level - 11 week course

Saturdays

8:45-9:55 a.m. Pilates - mixed level

10:00-11:30 Hatha Yoga Flows - mixed level

11 week mat courses- Investment in your health - £143.00 .

Classes run for 11 weeks starting in the week of April 12th, and ending in the week of July 5th with no class on Bank Holiday Mondays May 3 and May 24.

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 0208 318 9006 www.jilleverettyoga.co.uk

Shadwell Basin Outdoor Activity Centre (The Boat Centre)

Glamis Road Wapping London E1 email jilleverett@gmail.com

