

Wapping Summer Schedule 2010

Pilates & Yoga

from July 26, 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- 1:10 p.m. Pilates - mixed level

1:15 - 2:30 p.m. Hatha Yoga Flows - mixed level

4 week mat courses- Investment in your health - £52.00 .

Classes run for 4 weeks starting in the week of July 26th, and ending in the week of August 16th. Please confirm your place by July 1st.

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

Shadwell Basin Outdoor Activity Centre (The Boat Centre)

Glamis Road Wapping London E1

email jilleverett@gmail.com 0208 318 9006