

Kripalu Yoga - week day timetable

Tel: 01306 882563

Monday	Tuesday	Wednesday	Thursday	Friday
10.00 - 11.30 Yoga	10.00 - 11.30 Yoga	10.00 - 11.30 Yoga	10.00 - 11.30 Yoga	10.00 - 11.30 Gentle Yoga
12.15 - 13.15 Pilates				
13:30 - 14.30 Pilates				13:30 - 14.30 Pilates
				14:30 - 15.30 Pilates
17:15 - 18.30 Yoga	17:15 - 18.30 Yoga	17:30 - 18.45 Yoga	17:15 - 18.30 Yoga	17:30 - 18.45 Yoga
19:00 - 20.30 Yoga	19:00 - 20.30 Beginners Yoga	19:00 - 20.30 Yoga	19:00 - 20.30 Intermediate Yoga	19:00 - 20:30 Belly Dancing

Kripalu | center for yoga & health

Dorking, Surrey | Tel: 01306 882563

Kripalu | affiliated center

Kripalu Yoga - weekend timetable

Saturday	Sunday
9.00 - 10.15 Yoga	11am -12pm, Meditation Drop in, £8