

CLASS TIMETABLE

With proper measures in place we are set to get back to the mat face to face from the 1st September.

Mondays | 6:15pm to 7:15pm | face to face
Vinyasa @ Didcot Town FC

Tuesdays | 6:15pm to 7:15pm | face to face
Yoga ~ all levels (beginners included) @ Didcot Town FC

Wednesdays | 10:30am to 11:30am | online
Gentle Yoga via Zoom

Thursdays | 6:15pm to 7:15pm | face to face
Beginners Yoga

Thursdays | 8pm to 9pm | online
Yoga ~ all levels (beginners included) via Zoom

Twice a month, Mellow Out Monday (Yin Yoga)
online

14th and 28th September | 8pm to 9pm
12th and 26th October | 8pm to 9pm

Please book on to class via my website
www.wellbeingwithrachel.co.uk



SOME REMINDERS

- Booking and pre-payment essential.
- Arrive dressed and ready to practice yoga no more than 15 minutes prior to class.
- Clean hands before and after class and wear socks to walk across the floor.
- Bring your own clean mat and props.
- Set up your mat in the space allocated to you.
- Be kind, always.

Face to face classes ~ £8 or 3 classes for £20

Online class ~ £5

THANK YOU FOR YOUR CONTINUED SUPPORT!

