



# CLASS TIMETABLE



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

Mondays | 8pm to 9pm | **online**  
Yin Yoga via Zoom

Tuesdays | 12:15pm to 1pm  
**NEW! Yoga2Go ~online and recorded**  
Yoga ~ all levels (beginners included) via Zoom and  
YouTube link

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

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

Thursdays | 6:15pm to 7:15pm | **face to face**  
Beginners Yoga @ Didcot Town FC



Please book on to class via  
[www.wellbeingwithrachel.co.uk](http://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. Wear a face mask to enter and exit the building.
- 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!**

