

bamford
HAYBARN

THE HAYBARN SPA AT DAYLESFORD / CLASSES FROM MARCH 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|--|---|
| <i>Private sessions are also available for Yoga, meditation, sound healing & personal training. Pre-book only</i> | | | | | | |
| 9.00 - 10.00 HITT Fitness With Szabina Rozinger | 9.30 - 11.00 Haybarn Hatha | 9.30 - 11.00 Haybarn Traditional yoga | 9.30 - 11.00 Haybarn Dynamic yoga | 9.30 - 11.00 Haybarn Hatha yoga | 9.30 - 11.00 Haybarn Traditional yoga | 10.00 - 11.00 Haybarn Traditional yoga |
| 9.30 - 11.00 Haybarn Hatha yoga | 9.30 - 10.30 Body Shaping with Szabina Rozinger | 11.30 - 12.30 Haybarn Beginners yoga | 9.30 - 11.00 lyenga yoga with Tanya Hawkes | 9.30 - 10.30 HITT Fitness with Szabina Rozinger | 10.00 - 11.00 Haybarn Pilates | 10.00 - 11.00 Haybarn Pilates |
| 10.00 - 11.00 Sculpt with Lynsey McDonald | 11.30 - 12.30 Haybarn Beginners yoga | | 11.30 - 12.30 Haybarn Beginners yoga | 11.30 - 12.30 Haybarn Beginners yoga | 11.30 - 12.30 Haybarn Adult & child yoga | 10.00 - 11.00 Haybarn Mindfulness |
| 11.30 - 12.30 Haybarn Beginners yoga | 12.00 - 13.00 Haybarn Pilates | | 19.30 - 20.30 Jamie Francis Pilates <i>*this class is term time only, please see the website or reception team for full date listing</i> | 12.00 - 13.00 Haybarn Pilates | 11.30 - 12.30 Haybarn Beginners yoga | 11.30 - 12.30 Haybarn Beginners yoga |
| 12.00 - 13.00 Haybarn Pilates | 13.30 - 14.30 Core Conditioning with Baybora Erol | | | 13.15 - 14.15 Jamie Francis Pilates | 14.30 - 15.30 Haybarn Sound healing | 11.30 - 13.00 Haybarn Hatha yoga |
| 13.30 - 14.30 Burn Fat Fast with Baybora Erol | 13.30 - 14.30 Haybarn Mindfulness meditation | | 19.15 - 20.45 lyenga yoga with Ruth White <i>*this class is term time only, please see the website or reception team for full date listing</i> | 13.30 - 14.30 Haybarn Restorative yoga | 15.30 - 17.00 Haybarn Hatha yoga | 14.00 - 15.30 Haybarn Traditional yoga |
| 13.30 - 14.30 Haybarn Mindfulness | 14.30 - 15.30 Haybarn Sound healing | | | 14.30 - 15.30 Haybarn Sound healing | 17.00 - 18.00 Haybarn Mindfulness meditation | |
| 15.30 - 17.00 Haybarn Hatha yoga | | | | 14.45 - 15.45 Haybarn Beginners Pilates | | |
| | | | | 15.30 - 17.00 Haybarn Traditional yoga | | |
| | | | | 15.30 - 16.30 Haybarn Mindfulness | | |

**If you have any questions about our classes or wish to make a booking, please visit our website bamford.co.uk or call The Haybarn Spa on 01608 731 703*

**As our classes have been created by individual teachers to work with their particular skill set, there may be rare occasions a class time changes or is cancelled for a short time period due to the teacher being unavailable. We will always do our best to cover these classes & the teacher or class change will be clearly shown.*