

bamford HAYBARN

THE HAYBARN SPA AT DAYLESFORD / CLASSES FROM MARCH 2018

60 minute classes £15/ 90 minute classes £20 / sound healing £20 / adult & child yoga, £10 per adult, £5 per child /all classes: Book 6 & only pay for 5.

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 Yoga	8.00 - 9.00 Haybarn Morning Yoga & Meditation	9.30 - 11.00 Haybarn Dynamic Yoga	9.30 - 11.00 Haybarn Hatha Yoga	9.30 - 11.00 Haybarn Traditional Yoga	10.00 - 11.30 Haybarn Traditional Yoga
9.30 - 11.00 Haybarn Hatha Yoga	9.30 - 10.30 Body Shaping with Szabina Rozinger	9.30 - 11.00 Haybarn Traditional Yoga	9.30 - 11.00 Iyengar 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
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 Beginners Yoga	11.30 - 12.30 Haybarn Beginners Yoga	11.30 - 12.30 Haybarn Adult & Child Yoga	10.00 - 11.00 Haybarn Mindfulness Meditation
12.00 - 13.00 Haybarn Pilates	12.00 - 13.00 Haybarn Pilates		18.30 - 19.30 Yin Yoga with Jo Fellows	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		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>	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			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 Meditation	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				15.30 - 17.00 Haybarn Traditional Yoga		
				15.30 - 16.30 Haybarn Mindfulness Meditation		
				18.30 - 19.30 Haybarn Yoga&Meditation		

**Please turn over for further information on our classes. If you have any questions 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.

**Our group yoga classes are not suitable for pregnant women. One to one yoga classes may be booked between 12-36 weeks. If you regularly attend classes at The Haybarn please ensure that you let your instructor know so that together you can make a plan about how to continue your practice during this exciting time.*