

# MDIY Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GENERAL</b> 10:15 - 11:45 Margaret Walker <i>Maslen Hall</i>	<b>GENERAL</b> 10:30 - 12:00 Nicky Wright <i>Maslen Hall</i>	<b>INTERMEDIATE</b> 9:45 - 11:45 Jill Johnson <i>Maslen Hall</i>	<b>GENERAL</b> 10:00 - 11:30 Alison Wright <i>Maslen Hall</i>	<b>GENERAL</b> 10:00 - 11:30 Julie Howarth/Sarah Pettitt <i>Maslen Hall</i>	<b>CHILDREN 6+</b> 10:00 - 10:45 Various
<b>TEACHERS - F2F + ONLINE</b> 12:45 - 14.45 Julie Brown <i>Maslen Hall</i>	<b>BEGINNERS</b> 17:45 - 19:15 Sarah Franklin <i>Maslen Hall</i>	<b>50+</b> 10:30 - 12:00 Kim Skinner <i>Booth Hall</i>	<b>EXPRESS</b> 12:00 - 12:45 Clare Tunstall <i>Maslen Hall</i>	<b>TEACHERS (Level 2+)</b> 12:30 - 14:30 Senior Teachers <i>Maslen Hall</i>	
<b>BEGINNERS</b> 17:30 - 19:00 Vanita Mistry <i>Maslen Hall</i>	<b>GENERAL</b> 19:30 - 21:00 Susie Savage <i>Maslen Hall</i>	<b>BEGINNERS</b> 17:30 - 19:00 Julie Howarth <i>Maslen Hall</i>	<b>SLOWER PACED *</b> 13:15 - 14:30 Joan Abrams <i>Booth Hall</i>	<b>ONLINE - RECUPERATIVE ***</b> 18:00 - 19:00 Joan Abrams/Kim Skinner <i>Booth Hall</i>	
<b>ONLINE - GENERAL</b> 17:30 - 19:00 Debbie Bartholomew <i>Online</i>		<b>GENERAL</b> 19:15 - 20:45 Julie Howarth <i>Maslen Hall</i>	<b>ONLINE - CHAIR YOGA **</b> 13:30 - 14:30 Joan Abrams <i>Online</i>		
<b>INTERMEDIATE</b> 19:15 - 21:15 Debbie Bartholomew <i>Maslen Hall</i>		<b>GENERAL</b> 20:00 - 21:30 Charlotte Everitt <i>Booth Hall</i>	<b>GENERAL</b> 18:00 - 19:30 Julie Royle <i>Maslen Hall</i>		
<b>ONLINE - GENERAL</b> 19:15 - 20:45 Vanita Mistry <i>Online</i>			<b>FOUNDATION</b> 19:30 - 21:00 Tracey Ashton <i>Booth Hall</i>		
<b>GENERAL</b> 19:30 - 21:00 Debbie Wilkinson <i>Booth Hall</i>			<b>MEN ONLY</b> 19:45 - 21:15 Stephen High <i>Maslen Hall</i>		

All classes are face to face at MDIY **only**, unless specified in the timetable above

\* Class starts 4<sup>th</sup> November  
\*\* Until 29<sup>th</sup> October

\*\*\* Twice-monthly class

Please book online at: [manchesteriyengaryoga.org.uk/list-of-classes/](http://manchesteriyengaryoga.org.uk/list-of-classes/)

**FOUNDATION:** For students with no previous experience of yoga. The course is designed to provide an introduction to the basic postures and principles of Iyengar yoga.

**BEGINNERS:** Suitable for beginner students and those with less than 2 years' experience. A greater range of basic postures, including inverted poses such as shoulder stand and headstand, when you are ready. These classes will build strength and flexibility to prepare you for the next level.

**GENERAL:** A wider range of postures, suitable for students with more than 2 years' experience. Time spent in the postures will be increased to further develop stamina and strength.

**INTERMEDIATE:** Alongside the basic postures, a more demanding and complex range of postures. Suitable for those with at least three years' consistent attendance of Iyengar yoga classes, who practise at home and are able to do a steady head balance for at least 5 minutes.

Classes	Members	Non-members	Block booking
Online class (1 ½ hour)	£6.00	-	-
Online class (1 hour)	£5.00	-	-
1 ½ hour class	£7.00	£10.00	£50 (10 weeks)
2 hour class (Intermediate)	£8.00	£10.00	£60 (10 weeks)
Foundation (absolute beginners)	-	-	£60 (10 weeks)
Teachers (Monday) - at MDIY or online	£9.00	£10.00	£70 (10 weeks)
L2+ teachers (Friday)	£10.00	£10.00	£75 (10 weeks)
Childrens' class (6 years and up)	-	-	-
Slower paced class suitable for ME/ CF	£7.00	£10.00	£50 (10 weeks)
Express class	-	£5.00	-