



SHAMBHALA

Leigh's Premier YOGA & PILATES STUDIO

34 weekly classes

20 inspirational teachers

Our purpose built studio, with under-floor heating, suits beginners and experts alike . . . come and see for yourself



If you've never experienced Shambhala please come along and try your first class for FREE

Classes range from £5 to £9

www.shambhalastudios.com
wellbeing@shambhalastudios.com

01702 478924

To keep up to date with our news and events join us on Facebook at:
Shambhala Studios

Maple Avenue • Leigh • SS9 1DJ

Regular workshops and events on Saturdays and Sundays

2012 weekly timetable

	TIME	CLASS
MON	09:30-10:30 am	Pilates
	10:45-11:45 am	Yoga - for All
	06:15-07:15 pm	Yoga - Beginners
	07:30-08:30 pm	Pilates
	08:30-09:45 pm	Yoga - for All
TUE	09:15-10:15 am	Yoga - Beginners
	10:15-11:15 am	Yoga - Dynamic
	11:15-12:45 am	Tai-Chi
	12:45-01:45 pm	Yoga - for All
	06:45-07:45 pm	Yoga - Pregnancy
	08:00-09:00 pm	Yoga - for All
WED	09:15-10:15 am	Yoga - for All
	10:15-11:15 am	Pilates
	11:30-12:45 am	Yoga - Yin
	01:00-02:00 pm	Yoga - for All
	04:45-05:30 pm	Yoga - Children's
	05:45-06:45 pm	Yoga - for All
	07:00-08:00 pm	Pilates
THU	08:00-09:15 pm	Yoga - Yin/Yang
	09:15-09:45 pm	Mindfulness Meditation
	09:30-10:30 am	Yoga - Beginners
	10:30-11:30 am	Yoga - for All
	11:30-12:00 am	Mindfulness Meditation
FRI	12:30-01:30 pm	Pilates
	01:45-02:45 pm	Yoga - Dynamic
	05:30-06:30 pm	Pilates
	06:30-08:00 pm	Yoga - Dynamic
	08:00-09:00 pm	Yoga - Beginners
	09:15-10:15 am	Yoga - Dynamic
	10:30-11:30 am	Yoga - Beginners
SAT	07:00-08:15 pm	Yoga - for All
	09:00-10:00 am	Yoga - Beginners
SUN	10:15-11:45 am	Yoga - Dynamic
	10:00-11:00 am	Yoga - Family