

YOGA & PILATES

CLASSES

NEW! Class Membership

See below
for details

M O K O
PHYSIOTHERAPY

We offer a range of Yoga, Pilates and strength classes to suit all levels and abilities.

All classes are led in our beautiful studio by our friendly team of qualified teachers and physiotherapists.

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|-----|-------------------|---------|-------|---------|
| MON | Matwork Pilates | 6.00pm | Laura | 45 mins |
| | Matwork Pilates | 7.00pm | Laura | 45 mins |
| TUE | Strength & Tone | 6.00pm | Liz | 45 mins |
| | Beginners Pilates | 7.00pm | Naomi | 45 mins |
| WED | Vinyasa Flow Yoga | 5.45pm | Neil | 60 mins |
| | Yoga Stretch | 7.00pm | Neil | 60 mins |
| THU | Rise & Shine Yoga | 6.30am | Neil | 45 mins |
| | Beginners Pilates | 11.00am | Dani | 45 mins |
| | Energy Flow Yoga | 6.00pm | Jules | 60 mins |
| | Cosy Flow Yoga | 7.15pm | Jules | 60 mins |
| FRI | Therapeutic Yoga | 8.00am | Becky | 60 mins |
| | Strength & Tone | 6.00pm | Will | 45 mins |
| | Matwork Pilates | 7.15pm | Laura | 45 mins |

PRICES

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|----------------|-----|
| PAYG | £11 |
| 4-Class Block | £40 |
| 10-Class Block | £95 |

NEW CLASS MEMBERSHIP

10 classes per month **£90 per month**

Book classes in advance to secure the days/times you want on a regular basis. Automatic payment on the 1st of each month. No contract (cancel at any time).

To arrange a membership or block, please call us or pop in. Blocks have 12-months expiry. All mats and equipment provided. See website for class updates. Booking required.

BOOK CLASSES ONLINE

mokophysiotherapy.co.uk

01332 501098

info@mokophysiotherapy.co.uk

