

YOGA & PILATES

CLASSES



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

Our group class sizes are small and friendly, all led in our beautiful studio by our team of qualified teachers and physiotherapists.

All the equipment you need is provided – so you can simply turn up and enjoy your class!

See reverse for timetable and prices. Ask our team for further info if unsure which class is right for you.

YOGA

Yoga is a low-impact practice which invites mind to body awareness through the use of mindful movement, postures, stretching and breathwork. Our classes range from gentle to more challenging, with modifications to suit all levels. 1:1 sessions are also available.

PILATES

Matwork Pilates blends strength, movement control, core stability, flexibility and breathing. Led by physiotherapists, our classes provide a safe environment and cater to all levels. We offer beginner, intermediate, advanced, and 1:1 sessions.

STRENGTH & TONE

Led by fitness instructors, these light weight classes will challenge you to work your muscles and move at a level tailored to your ability. Suitable for all skill levels, as our instructors can increase the weight for more challenge or modify exercises to make them easier.

YOGA & PILATES CLASS TIMETABLE

MON	Advanced Pilates	6.00pm	Laura	45 mins
	Intermediate Pilates	7.00pm	Laura	45 mins
TUE	Strength & Tone	6.00pm	Liz	45 mins
	Beginner 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
	Beginner 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	9.30am	Liz	45 mins
	Strength & Tone	6.00pm	Will	45 mins
	Intermediate Pilates	7.15pm	Laura	45 mins



We also offer 1:1 sessions – for prices and booking availability, please call or email us.

PRICES

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 information correct at time of going to print, see website for class updates. Booking required.

M O K O
PHYSIOTHERAPY

BOOK CLASSES ONLINE

mokophysiotherapy.co.uk

☎ 01332 501098



✉ info@mokophysiotherapy.co.uk

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