

# CLASSES

YOGA | PILATES | STRENGTH



Open  
to all

M O K K O  
P H Y S I O T H E R A P Y

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 studio or gym by our team of qualified teachers and physiotherapists. All equipment is provided – so you can simply turn up and enjoy your class!

## 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. Our instructors provide a safe environment and cater to all levels. We offer beginner, intermediate, advanced and 1:1 sessions.

See reverse for timetable and prices. Ask our team if unsure which class is right for you. We also offer 1:1 sessions – for prices and booking availability, please call or email us.

## STRENGTH

Our strength classes support all fitness levels, from beginners to more advanced, with options that are studio-based and gym-based. From building confidence and core strength in **Strong Foundations**, progressing through **Studio Strong** and **Gym Strong**, to specialist classes like **Run Strong** and **Golf Strong** led by physios, there's something for everyone. We also offer supportive options including **Active for Life** for older adults, **Stress-Bust Circuits**, **Mum Strong**, **Strength & Tone**, and our uplifting **Feel Strong Friday** sessions.

Full class descriptions can be found online at [mokophysiotherapy.co.uk](http://mokophysiotherapy.co.uk)

PHYSIO & REHAB | MASSAGE | CLASSES & PT | WORKSHOPS

# WEEKLY CLASSES

# TIMETABLE

● Yoga ● Pilates ● Strength

MON	● Mum Strong	1.30pm	Suzie	45 mins
	● Intermediate Pilates	5.00pm	Laura B	45 mins
	● Advanced Pilates	6.00pm	Laura B	45 mins
	● Intermediate Pilates	7.00pm	Laura B	45 mins
TUE	● Gym Strong	7.00am	Liz	45 mins
	● Intermediate Pilates	10.00am	Will	45 mins
	● Stress-Bust Circuits	5.00pm	Katie	45 mins
	● Studio Strong	6.00pm	Liz	45 mins
	● Strong Foundations	7.00pm	Liz	45 mins
WED	● Feel Good Flow Yoga	9.15am	Becky	45 mins
	● Active for Life	10.30am	Jack	60 mins
	● Golf Strong	11.45am	Jack	45 mins
	● Vinyasa Flow Yoga	5.45pm	Neil	60 mins
	● Yoga Stretch	7.00pm	Neil	60 mins
	● Run Strong	7.15pm	Ryan	60 mins
THU	● Beginner Pilates	8.15am	Laura B	45 mins
	● Beginner Pilates	9.15am	Laura B	45 mins
	● Beginner Pilates	3.00pm	Laura B	45 mins
	● Energy Flow Yoga	6.00pm	Jules	60 mins
	● Cosy Flow Yoga	7.15pm	Jules	60 mins
FRI	● Gym Strong	7.00am	Liz	45 mins
	● Therapeutic Yoga	8.00am	Becky	60 mins
	● Studio Strong	9.30am	Liz	45 mins
	● Feel Strong Friday	1.15pm	Suzie	45 mins
	● Strength & Tone	6.00pm	Will	45 mins
	● Intermediate Pilates	7.15pm	Laura B	45 mins
SAT	● Beginner Pilates	8.00am	Beth	45 mins
	● Vinyasa Flow Yoga	9.00am	Liam	60 mins

## PRICES

PAYG	£14
4-Class Block	£52
10-Class Block	£115

## CLASS MEMBERSHIP

10 classes  
per month  
**£98 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).

Blocks have 12-months expiry. All information correct at time of going to print, see website for class updates and descriptions. Booking required.

M O K O  
PHYSIOTHERAPY

**BOOK ONLINE** [mokophysiotherapy.co.uk](http://mokophysiotherapy.co.uk)

☎ 01332 501098

✉ [info@mokophysiotherapy.co.uk](mailto:info@mokophysiotherapy.co.uk)



Or scan the  
QR code



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