



Classes at The Awareness Centre

*Cash And Cheque Only, No Card

| DAY | CLASS | FEE | TIME | INSTRUCTOR |
|------------------|-----------------------------------------------------------|-------------------------------------------------------|-----------------|------------------|
| Monday | Beginners and Improvers Pilates *drop-in welcome | £12 *Book 5 sessions get 1 free | 6.00 - 7.00pm | Chidem Brewer |
| | Beginners and Improvers Pilates *drop-in welcome | £12 * Book 5 sessions get 1 free | 7.00 - 8.00pm | Chidem Brewer |
| | Vinyasa Flow Yoga - All Levels *drop-in welcome | £10 | 8.15 - 9.15pm | Erin Prichard |
| Tuesday | Pilates - Intermediate/Advanced | £40 (Monthly course) | 6.00 - 7.00pm | Meritxell Pan |
| | Pilates - Beginners / Improvers *drop-in welcome | £12.50 *£50 for 5 classes | 7.00 - 8.00pm | Meritxell Pan |
| | Vinyasa Flow Yoga - All Levels *drop-in welcome | £10 | 8.15 - 9.15pm | Erin Prichard |
| Wednesday | Baby Massage | £65 per mum and baby (4 week course) | 11.00 - 12.00pm | Sara Wood |
| | Baby Massage | £65 per mum and baby (4 week course) | 2.30 – 3.30pm | Sara Wood |
| | General Pilates *drop-in welcome | £12 | 6.00 – 7.00pm | Chidem Brewer |
| | Fluid Hatha Yoga – All Levels *drop-in welcome | £10 *£5 introductory class *£50 for six classes | 7.00 - 8.00pm | Nazanin Azimian |
| | Deep Stretch Hatha Yoga *drop-in welcome | £10 *£45 for five classes | 8.15 – 9.15pm | Emmanuelle Rossi |
| Thursday | Vinyasa Flow Yoga *starts 5 th April | £10 | 9.30 – 10.30am | Hannah Robertson |
| | Post Natal Pilates *fully booked | £12 | 1.45pm – 2.45pm | Kellie Moore |
| | General Pilates *drop-in welcome | £12 | 6.00 – 7.00pm | Chidem Brewer |
| | Vinyasa Flow Yoga - All Levels *drop-in welcome | £10 | 7.00 - 8.00pm | Erin Prichard |
| | Introduction to Ashtanga Vinyasa Yoga *drop-in welcome | £10 | 8.15 – 9.15pm | Emmanuelle Rossi |
| Friday | Meditation and Wellbeing Group | £7.50 | 6.30 - 7.45pm | Tracy Friend |

Please call or email the Centre and book in advance as places are limited.
One to one sessions and Loyalty cards available

The Awareness Centre
41 Abbeville Road, London SW4 9JX
T: 020 8673 4545 E: info@theawarenesscentre.com
www.theawarenesscentre.com

Opening Hours:
Monday – Friday 9am – 10 pm
Saturday 9am – 6pm
Sunday 10am – 4pm