

summer 2021

integrity timetable

www.integritycentre.co.uk

monday	tuesday	wednesday	thursday	friday	saturday
7:15 to 8:00 Pilates Level 1-2 Irek Bialek	<i>online only</i> 7:15 to 8:00 Vinyasa Flow Level 1-2 Marisa Kinta	7:15 to 8:00 Vinyasa Flow Level 1-2 Alina Bialek	7:15 to 8:00 Pilates Level 1-2 Irek Bialek	<i>online only</i> 7:15 to 8:00 Vinyasa Slow Flow Level 1-2 Marisa Kinta	<i>online only</i> 11:30 to 12:30 Vinyasa Flow Level 1-2 Luana Galoni
8:05 to 8:50 Pilates Level 1-2 Irek Bialek	8:00 to 8:45 Vinyasa Flow Level 1-2 Alicia Malcolm	8:05 to 8:50 Vinyasa Slow Flow Level 1-2 Alina Bialek	8:05 to 8:50 Restorative Pilates Irek Bialek	8:05 to 8:50 Vinyasa Flow Level 1-2 Alina Bialek	sunday
12:15 to 13:00 Yoga for Stress Alina Bialek	12:15 to 13:00 Rocket Yoga Level 1-2 Saori Funawatari	12:15 to 13:00 Pilates Level 1-2 Irek Bialek	12:15 to 13:00 Vinyasa Flow Level 1-2 Alina Bialek	12:15 to 13:00 Rocket Yoga Level 1-2 Saori Funawatari	<i>online only</i> 15:00 to 16:30 Yin Yoga Master Class Saori Funawatari
13:10 to 13:55 Pilates Level 1-2 Irek Bialek	17:30 to 18:15 Pilates Level 1-2 Irek Bialek	13:10 to 13:55 Restorative Pilates Irek Bialek	13:10 to 13:55 Pilates Level 1-2 Irek Bialek	<i>in studio only</i> 13:15 to 14:00 TRX Pilates Irek Bialek	yoga teacher training
17:45 to 19:00 Vinyasa Flow Level 1-2 Alina Bialek	18:30 to 19:30 Vinyasa Flow Level 1-2 Luana Galoni	17:30 to 18:15 Yoga for Stress Alina Bialek	17:30 to 18:30 Rocket Yoga Level 1-2 Saori Funawatari	17:15 to 17:45 Pilates Level 1-2 Irek Bialek	200hr Vinyasa Flow and Ashtanga with Saori Funawatari: October 2021
19:15 to 20:00 Yoga for Beginners Alina Bialek Starts: 19th July		18:30 to 19:30 Vinyasa Flow Level 1-2 Alina Bialek	18:40 to 19:40 Yin Yoga Saori Funawatari	<i>in studio only</i> 18:00 to 18:45 TRX Pilates Irek Bialek	200hr Vinyasa Flow Yoga with Alina Bialek: February 2022
		19:30 to 20:15 Pilates for Beginners Irek Bialek Starts: 21st July			Contact info@integritycentre.co.uk to book an interview or visit our website to find out more.



scan here
to book a class!

All classes taught in studio and streamed online via Zoom unless otherwise stated. Please book all classes ahead of time.

6 Week Beginner courses | Retreats | Events | 1:1 Sessions. Visit our website for full details.