


winter 2022

monday	tuesday	wednesday	thursday	friday	saturday
7:15 to 8:00 Vinyasa Flow Yoga L1-2 Irek Bialek	7:15 to 8:00 Vinyasa Flow Yoga L1-2 Marisa Kinta	7:15 to 8:00 Ashtanga Yoga Open Level Saori Funawatari	7:15 to 8:00 Vinyasa Flow Yoga L1-2 Alina Bialek	7:15 to 8:00 Vinyasa Flow Yoga L1-2 Monet Hawkins	online only 9:00 to 11:00 Ashtanga Yoga Level 2 Saori Funawatari <small>once per month</small>
8:05 to 8:50 Vinyasa Flow Yoga L1-2 Irek Bialek	8:05 to 8:50 Vinyasa Flow Yoga L1-2 Alicja Malcolm	online only 7:30 to 8:15 Vinyasa Flow Level 1-2 Melissa Worman	8:05 to 8:50 Vinyasa Flow Yoga L1-2 Alina Bialek	8:05 to 8:50 Ashtanga Yoga Open Level Saori Funawatari	sunday online only 9:00 to 10:00 Vinyasa Flow Level 1-2 Anna Robin
12:15 to 13:00 Pilates L1-2 Irek Bialek	12:15 to 13:00 Rocket Yoga L1 Saori Funawatari	8:05 to 8:50 Rocket Yoga L1 Saori Funawatari	12:15 to 13:00 Pilates L1-2 Paulina Rogalska	12:15 to 13:00 Vinyasa Flow Yoga L1-2 Alina Bialek	online only 10:15 to 11:15 Yoga for Stress Anna Robin
17:45 to 19:00 Vinyasa Flow Yoga L1-2 Alina Bialek	13:10 to 13:55 Yoga for Stress Emma Black	12:15 to 13:00 Vinyasa Flow Yoga L1-2 Alina Bialek	17:45 to 19:00 Rocket Yoga L1 Saori Funawatari	17:30 to 18:15 Pilates L1-2 Paulina Rogalska	200hr vinyasa flow yoga teacher training
19:15 to 20:00 6 Week Beginners Course Monet Hawkins <small>starts 24th jan</small>	17:30 to 18:15 Pilates Level 1-2 Irek Bialek	13:10 to 13:55 Pilates L1-2 Irek Bialek	19:15 to 20:15 Vinyasa Flow Yoga L1-2 Katherine Kelly	18:30 to 19:15 Vinyasa Flow Yoga L1-2 Anna Robin	senior yoga teacher: alina bialek starts february 2022 contact info@integritycentre.co.uk to book free 30min chat and free yoga class
	18:20 to 19:30 Vinyasa Flow Level 1-2 Luana Galoni	17:30 to 18:15 Yoga for Stress Alina Bialek			30 day challenge
		18:20 to 19:20 Vinyasa Flow Yoga L1-2 Alina Bialek			can you practice yoga and pilates for 30 consecutive days? <small>win yoga teacher training!</small>
pricing options					
in studio drop in: £15 5 x class pass: £70 10 x class pass: £130	online only drop in: £7 5 x class pass: £30 10 x class pass: £50	unlimited monthly online only: £40 in studio & online: £85	new client offers 2 weeks unlimited classes: £25 3x 45min private reformer pilates sessions: £100 3x 60min massages: £200		

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 | 1:1 sessions | treatments