**MMI Studio 2 Timetable**

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| **Day** |  | **Contact** |
| **Monday** | **Trapeze Yoga** *9.15 – 10.15am*  **Power Yoga**10.30 – 11.30am  **Transformational Breathing** 7.30 - 9.30pm  Once or twice a month | Victoria Leigh 07783433901  Instagram @victorialeighyoga  yogabody.bio/victoria  Keira Jose  [keira-jose@hotmail.co.uk](mailto:keira-jose@hotmail.co.uk) |
| **Tuesday** | **Yoga/Pilates Union** 9.15 - 10.15am | Emma Brown 07876 770044  coachingwithemma@hotmail.com  Empower & Thrive Coaching  IG @empower\_and\_thrive\_life\_coach  FB @empowerandthrive |
| **Wednesday** | **Morning Flow** 9.30 - 10.30am  **Gentle Yoga** 10.45 - 11.45am  **Trapeze Yoga** 5pm-6pm  **The Science of Stretching** 6pm-7pm | Danielle Arkison  07815 189337  [www.danielleyoga.com](http://www.danielleyoga.com)  FB & IG @danielleyogaom  Victoria Leigh 07783433901  IG @victorialeighyoga  yogabody.bio/victoria |
| **Thursday** | **Gentle Pilates** 10.00 – 11.00am  **Stretch Class** 11.30-12.15pm  **HIP Pilates** 5.00-5.45pm  **Improvers Pilates** 6.00 - 7.00pm  **Slow Flow Yoga** 7.15 - 8.15pm | Rachel Budden 07771741174  rachelbuddenpilates@outlook.com  Instagram @rachelb\_pilates  Rachel Budden 07771741174  rachelbuddenpilates@outlook.com  IG @rachelb\_pilates  Danielle Arkison  07815 189337  www.danielleyoga.com |
| **Friday** | **Trapeze Yoga** 9.15am-10.15am  **1-2-1 Yoga** 11.00pm-12.00pm  **Restorative Workshops** *6.00 – 10.00pm* | Victoria Leigh 07783433901  IG @victorialeighyoga  yogabody.bio/victoria |
| **Saturday** | **Restorative Workshops** |  |
| **Sunday** | **Yin Yang** *Yoga* 10.30 - 11.30am  **Restorative Workshops** | Louise Hall Yoga  IG @louisehallyoga |

**To hire the studios please contact the MMI office on 01872 553870 or e-mail enquiries@stagnesmmi.co.uk. Please contact all other teachers directly regarding their classes at the studios, details of all classes are on our website www.stagnesmmi.co.uk/groups-and-classes**