



Classes at The Awareness Centre

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	Meditation and Wellbeing Group *starts 7 th February	£7.50	1pm – 2.15pm	Tracy Friend
	Pilates - Intermediate/Advanced	£40 (Monthly course)	6.00 - 7.00pm	Agur Arrien
	Pilates - Beginners / Improvers *drop-in welcome	£12.50 *£50 for 5 classes	7.00 - 8.00pm	Agur Arrien
	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)	11.30 - 12.30pm	Sara Wood
	Pregnancy Yoga *starts 7 th March	£10	4.00 – 5.00pm	Tea McKernan
	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	1.30 – 2.30pm	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

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